

# The Morning Calm Weekly

Volume 3, Issue 1

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

Oct. 8, 2004

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## In ROK, think capabilities, not numbers: LaPorte

By Jim Garamone

American Forces Press Service

WASHINGTON — People have to stop thinking of capabilities solely in terms of numbers, the commander of all U.S. forces in Korea said.

Army Gen. Leon J. LaPorte, the commander of Combined Forces Command, told members of the Senate Armed Services Committee Sept. 23 that they need to look at the U.S. military posture in Korea in terms of capabilities rather than numbers.

"Historically, the metric of readiness has been the number of troops on the ground," LaPorte said. "However, what is truly important is the complimentary deterrent and combat capabilities that each nation contributes to the security of the peninsula."

LaPorte said the capabilities the United States brings to the alliance with South Korea will allow the U.S. military to drop the number of troops on the peninsula while maintaining security.

"These capabilities allow us to focus overmatching combat power when and where we choose to defeat armed aggression," he said. "United States forces can now be sized to provide tailored capabilities that compliment those of the Republic of Korea ally, providing overwhelming strategic deterrence. Our regional and strategic reinforcement capabilities allow us to defeat any potential North Korean aggression."

Combined Forces Command has 690,000 active-duty servicemembers and three million reservists from the Republic of Korea and 34,000 U.S.

personnel. The South Korean military is well-trained, well-equipped and well-led, LaPorte said.

What's more, South Korea is now the 11th largest economy in the world, able to pay for defense. The country is more than able to shoulder more of the defense burden on the peninsula. U.S. and South Korean troops are interoperable, and that has also beefed up capabilities.

The United States will reduce the number of troops on the peninsula by 12,000. The U.S. troops left in the country are scheduled to move away from the demilitarized zone to two hub bases south of the Han River.

Combined forces modernization programs include more than 340 enhancements to strengthen deterrence. These include fielding the PAC-3 Patriot missile system, coupled with the

stationing of a Patriot brigade headquarters and a second Patriot battalion with two more Patriot batteries. This guards against North Korea's missile threat.

The United States has also upgraded Army AH-64 Apache Delta Longbow helicopters. Navy and Marine Corps FA-18E-F Super Hornets are available to provide precision-strike capabilities day or night and in all weather. The United States can also rush reinforcements to the country via high-speed vessels and Air Force C-17 airlifters, should the need exist.

LaPorte said that consolidating U.S. forces in Korea into two hubs south of the Han River is the final component of transformation in the country. "This effort consists first of consolidation of

See "General" on Page 3

## AFN hosts casting call for perspective talent

By Sgt. Andrew Kosterman

Korea Region Public Affairs Office

YONGSAN — Those who have the desire to be on television got their chance Sept. 25 at American Forces Network-Korea in Seoul. The network opened its doors to the military community in search of talent for upcoming television and radio advertisements scheduled to be on the air later this year.

"We've been trying to get the kids in commercials in the (United) States," said United States Marine Corps Maj. Reggie Lewis of Yongsan. "Putting (the kids) in front of the camera is great."

Both his son Jordan, 7, and daughter Breanna, 11, agreed.

"It was really cool," said Breanna. "I liked putting on the (microphone)."

Jordan added that he liked seeing himself on the television monitors in the studio.

Other participants in the talent search, like Pfc. Chanel Vestal, came from as far away as Camp Casey.

"This is a good opportunity to try something new," said Vestal. "I think I have a good chance of getting a call."

AFN received about 60 participants in the talent search. Perspective talent that



Mia B. Walsh (left) reaches for a wireless microphone from Sgt. Sean Parrish, command information noncommissioned officer, during a casting call Sept. 25 at AFN-Seoul.

auditioned will receive a call from the studios if a need for talent arises.

"There was great participation from all around the peninsula in this search," said Sgt. Sean Parrish, command information noncommissioned officer. "We may use one person, or we may call them all back for spots. We really don't know at this time."

Parrish added that AFN is looking for "a wide range of talent" for its spots. He also said that the talent in the studio depended on the person.

"We had some real good quality out there," said Parrish. "I already have an idea who (AFN) will be calling."

E-mail Andrew.Kosterman@korea.army.mil

## Macdonald to oversee Army MWR operations

Korea Region Public Affairs Office

YONGSAN — Brig. Gen. John A. Macdonald, director of the Installation Management Agency-Korea Region, has been selected to become commanding general of the U.S. Army Community and Family Support Center, Alexandria, Va.

Nominated to replace Macdonald is Col. Harvey T. Landwermeyer, who presently is deputy director, Personnel Management Directorate, U.S. Army Human Resources Command, Alexandria, Va.

The change of directorship is scheduled Dec. 1. Landwermeyer also has been nominated for promotion to brigadier general. The Senate must confirm Landwermeyer's promotion nomination.

Macdonald became the Korea Region's first director in October 2002, when the Installation Management

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## MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military Police were notified of an assault on a military police officer, resisting apprehension, disrespect to an NCO, and disorderly conduct. A U.S. Soldier was stopped in an off-post club by an MP who told the Soldier to go back to post due to his level of intoxication. Later the MP found the Soldier in a different club where the Soldier was told to exit the club. The Soldier became belligerent and said he would not leave the club. Two MPs tried to apprehend the Soldier who resisted and struck one MP in the face. On the ground, the Soldier again struck the MP in the face. During transportation to the Provost Marshal Office, the Soldier started hitting his head against the vehicle window and was further restrained for his safety. While being restrained, the Soldier struck the MP in the jaw with his head, lacerating the MP's lower lip. The Soldier was processed, administered a series of field sobriety tests, which he failed, and released to his unit.

■ Recently, an MP investigation discovered a U.S. Soldier used a false identification card at an off-post club after curfew. The Soldier used an ID that stated he was a resident of another country. A few days later the Soldier was observed and identified by MPs. He was apprehended and transported to the PMO for processing, and was advised of his legal rights, which he invoked. He was further processed and released to his unit. Investigation continues by military police.

■ Military Police recently uncovered an improper transfer of a U.S. Forces Korea safety decal. While conducting a routine check using BIDS of a safety decal it was revealed that the safety decal should have been displayed on a different vehicle. The civilian driver was detained and escorted to the MP station where the driver admitted to switching the decal because his vehicle was in a shop for repair. He was processed, his decal was retained and he was released to his sponsor.

■ Korean National Police investigation revealed that two unknown Korean males approached a U.S. Soldier off post. One of the unknown males grabbed the Soldier, who pushed away the unknown male in self defense. The unknown male brandished a knife and cut the Soldier on the right arm and fled. The Soldier returned to his barracks and was transported to the emergency room where he was treated with 10 stitches and released. An investigation continues by Korean National Police.

## Army vet inspires team as Univ. of South Carolina rookie

By Chris Walz

Army News Service

It's not 1975. It's not Notre Dame and the crowd is not chanting, "Ru-Dy! Ru-Dy! Ru-Dy!" There's not a "Touchdown Jesus" anywhere in sight. But, there's still an underdog story to be told.

It's 2004. It's Columbia, S.C., and the crowd is chanting, "Fris-Bee! Fris-Bee! Fris-Bee!"

South Carolina Gamecocks wide receiver Tim Frisby played flanker for four snaps. Why is that noteworthy? He's a 39-year-old walk-on.

Frisby, whose locker room nickname is "Pops," received the loudest cheers Saturday and he didn't even touch the pigskin. No catches, no touchdowns. But, the crowd recognized his unwavering perseverance. There's no doubt where Frisby got his "never say die" attitude — he spent 20 years in the Army and was Ranger-qualified with the 82nd Airborne.

There is an unquestionable age difference between Frisby and his teammates. Every now and again, you see some kid try to make it in baseball, but he can't handle a AA curveball. Quarterbacks Chris Weinke and Matt Mauck each led their team to National Championships after dabbling in baseball. Weinke was 28 years old and Mauck was 25.

Frisby, however, graduated high school before most of his teammates were born. He defended the U.S. against Saddam Hussein in Desert Storm before some of his teammates entered elementary school. He also served in Kosovo before most of his teammates hit puberty. He's older than many of his coaches and 1988 Heisman Trophy winner Tim Brown. No wonder why they call him "Pops."

So, there's little doubt why "The Legend of Frisby" is growing

by the minute. "Pops" has six children — the oldest is 16 years old, the youngest is 6 months — and he carries a 3.8 grade point average in broadcast journalism.

Depending on which Gamecocks fan you talk to, Frisby can also leap tall buildings in a single bound. He has X-ray vision and can run faster than a speeding bullet. Of course, Frisby can also fly and dogs love catching him in the air. Well...I made that last one up.

Despite the blurring line between fact and fiction, the Gamecocks have an inspirational leader. He's a great example of mind over matter and can help teach the young guys — even the seniors — what it's really like in the real world. No football game will ever teach them that.

This story should bring a tear to the Army's collective eye. This is not about free publicity; it's about raising a 19-year-old young man into a leader. He may inspire an Army unit or a 105-man football team. Isn't that what the Army is all about?

Not surprisingly, movie producers have already started knocking on his door to discuss a script. "Fris-Bee! Fris-Bee! Fris-Bee!"

Oh yeah, by the way, the Gamecocks beat Troy, 17-7.

**Submitting commentaries**  
E-mail commentary submissions to  
morningcalmweekly@korea.army.mil.  
Submissions may also be mailed to:

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Keep submissions about a page in length and include your name, rank and duty station. The Morning Calm Weekly staff reserves the right to edit letters for length, taste and clarity.

## Morning Calm Weekly Soundoff: Who is going to win the World Series and why?



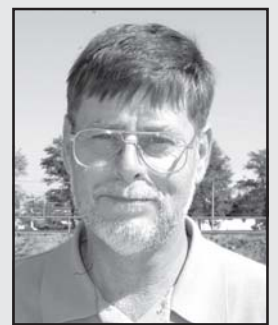
**"Boston has a sound defense and the best offensive starting lineup in baseball."**  
— Spc. Joseph Mattison, 176th Finance Battalion, Alpha Detachment, Yongsan Garrison.



**"St. Louis Cardinals, because of their strong offense."**  
— Pfc. Jerry Mansios, 46th Transportation Company, Camp Humphreys.



**"The Twins, because they are close to my hometown."**  
— Sgt. 1st Class Joel Bebuhr, 251th Signal Detachment, Yongsan Garrison.



**"Yankees, because they are always great."**  
— Mike Ross, Area III MWR business manager, Camp Humphreys.

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Support and Defend



## NEWS &amp; NOTES

**176th FINCOM FTX**

The 176th Finance Battalion will conduct a field training exercise Nov. 1-5. In and out processing will have normal hours at the 1st Replacement Company. There will also be customer service at Camp Coiner's Tent City.

**Osan Curfew Changes**

The curfew for the Osan Air Base area now is midnight. The curfew applies to all servicemembers. Servicemembers must be inside the Osan Air Base gate, at their off-base residence or hotel room by midnight, every night. For more information, call 784-4044.

**Marine Corps Birthday**

The U.S. Marine Corps will celebrate its 229th year of existence with a birthday ball Nov. 10 at the Grand Hyatt Hotel Ballroom in Seoul. Tickets are \$60 or 75,000 won. E-mail ombmcball@marfork.usmc.mil or call 723-7053 for information on purchasing tickets. A cocktail reception will start 6 p.m., ceremony 7 p.m. and dinner 7:30 p.m. This is a black tie or military equivalent event.

**Information****Management Conference**

Registration is underway for the Network Enterprise Technology Command's 2004 training conference scheduled Oct. 26 - 29 in Seoul. "Managing Information Technology for the Future Force" is the theme of the conference that will provide overviews of key information management issues and policies specific to Korea. For information on registration, call Gary Gnidziejko at 723-4218 or e-mail garygnidziejko@us.army.mil.

**Girl Scouts Registration**

Girl Scouts Overseas - Seoul are now registering and troop meetings will begin within the next two weeks. Those interested in being a Girl Scout this year, would like to be an adult volunteer, or would like more information, should contact Trudy Heard at 6355-5060 or e-mail gsocseoul@yahoo.com.

**USACCK Closure**

USACCK will be closed for an organization day Oct. 15. Those with questions should call 724-6490.

**Editor's Correction**

Kang Hyun-Ju, community health nurse for Area II, authored the story, "Doctor shares facts about tuberculosis" (Sept. 24, 2004, edition).

# U.S., Republic of Korea reach agreement on troop redeployment

**Army News Release**

The Department of Defense announced Wednesday that after several months of close consultations, the United States and the Republic of Korea have reached final agreement regarding the June 2004 U.S. proposal to redeploy 12,500 U.S. troops from Korea.

Throughout these consultations, the United States has made clear that it remains committed to the defense of the Republic of Korea, to the security and stability of the region and to a strengthened Republic of Korea-U.S. alliance. The future of the alliance is strong and will be adaptive to change and responsive to the needs of the Korean people.

During these consultations, the United States and South Korea fully considered the combined requirement to maintain a robust deterrent and defense capability while increasing combat capacity. Additionally, consultations considered the

Korean public's perceptions regarding a potential security gap.

Specifically, the United States and the Republic of Korea agreed to the redeployment of 12,500 U.S. troops in three phases that will last until 2008. Inclusive in this redeployment is the 2nd Brigade Combat Team that was sent to Iraq in August.

The first phase will be conducted in 2004 and include the 2nd Brigade Combat Team and associated units. The redeployment in 2004 will total about 5,000 troops.

This agreement also includes the transfer of certain missions from U.S. forces to Korean forces, such as South Korean forces taking over security at the Joint Security Area in the demilitarized zone, and the transfer of responsibility for rear area chemical decontamination to a special South Korean unit.

During the second phase, 2005-2006, the United States will redeploy a total of 5,000 troops (3,000 in 2005, 2,000 in

2006), comprising combat units, combat support and combat service support units, units associated with mission transfer areas, and other support personnel.

In the third and final phase, 2007-2008, the United States will redeploy 2,500 troops consisting primarily of support units and personnel.

As part of the agreement, the United States will maintain a multiple launch rocket system battalion and associated counter-fire assets on the peninsula, and initiate a review of U.S. Forces Korea prepositioned equipment and make adjustments as appropriate.

The United States will continue the \$11 billion investment in enhancing U.S. capabilities on the peninsula and in the region to strengthen its mutual deterrent with South Korea. Additionally, the transformation of U.S. Army units in Korea will continue and will lead to a significant overall increase in combat capability.

from Page 1

**General**

forces and then their eventual relocation to the south away from the Seoul metropolitan area, creating a less-intrusive footprint and increasing the operational mission flexibility of our on-peninsula-stationed forces," he said.

He said that close consultations between the United States and South Korea resulted in this plan.

LaPorte stressed that the command is ready to fight and win on the peninsula. "We are posturing the

combined ROK-U.S. capabilities to deter and, if necessary, defeat any potential North Korean aggression," he said. "Our plan is on course to enhance the United States and Republic of Korea capabilities, to shape combined roles and missions by leveraging each alliance member's unique strengths and while aligning the force for sustainable long-term United States military presence on the peninsula."

**MWR**

from Page 1

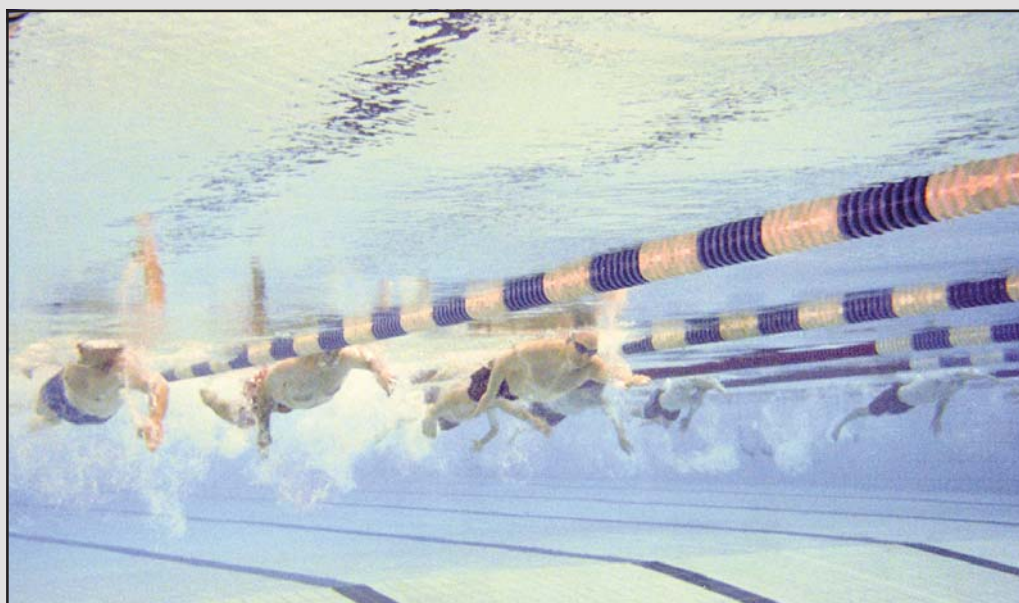
Agency was established. The mission of the Installation Management Agency is to provide equitable, effective and efficient management of Army installations worldwide to support mission readiness and execution, enable the well-being of Soldiers, civilians and family members, improve infrastructure and preserve the environment.

The Korea Region - one of seven regions - focuses on support of the 79 Army installations in the Republic of Korea. Korea Region personnel oversee all facets of garrison support. This includes public works, Morale, Welfare and Recreation, and force protection,

enabling tactical units in the region to focus on their training, deployments and operations.

The Community and Family Support Center provides oversight for Army Morale, Welfare and Recreation operations worldwide. Brig. Gen. Robert L. Decker is the current commanding general.

## Assignment of Choice



*Sports enthusiasts swim at Hanson Field House at Camp Casey. Sports programs around Korea are part of what makes Korea the Assignment of Choice.*

PHOTO BY SGT. ANDREW KOSTERMAN

# AGR Recruiter program expanding

Human Resources Command

**ST. LOUIS** — The Army Reserve is seeking 400 enlisted Soldiers to take active-duty tours to fill new recruiter positions located across the country.

Soldiers already in the Active Guard Reserve or AGR, program will be detailed into recruiter positions for three years. These Soldiers will retain their original military occupational specialty for future assignments, officials said. They said Soldiers who are newly hired into the AGR recruiter program will hold the recruiter designation as their primary specialty.

Those who are accepted into the AGR Recruiter program will attend the seven-week Army Recruiter Course at Fort Jackson, S.C.

“We are looking for those Soldiers who want to volunteer to take on the challenging mission of those in recruiting,” said Sgt. 1st Class Gabriel Fierro, recruiting program noncommissioned officer, with the Army Reserve Active Duty Management Directorate at U.S. Army Human Resources Command – St. Louis. “We work hard to place our volunteers where they want to be.”

Fierro served as an AGR detailed recruiter from 1997 to 2000. “I loved it,”

he said of recruiting. “If you really think about it, how many jobs can you hold where you can go out knowing that you are changing someone’s entire life?”

Fierro said one of his greatest memories from recruiting was an invitation he received to put sergeant’s stripes on the second person he had brought into the military.

Beyond the intangible benefits, which come with the job, he points out that there are many other benefits to becoming an AGR recruiter. They include:

### Promotion potential

AGR recruiter positions are designed for sergeants first class. This gives those who succeed the opportunity to be promoted to this level, officials said.

### Special Duty Assignment Pay

\$450 is paid monthly to AGR recruiters.

More about how to become a detailed or newly hired AGR recruiter can be learned by visiting the the AGR section of the U.S. Army Human Resources Command – St. Louis Web site at <https://www.2xcitizen.usar.army.mil/soldierservices/programs/agr/agrdetailedrecruiter.asp>

## ‘Blue to Green’ warriors completing transition

By Spc. Andrea Eppel

Army News Service

**FORT KNOX, Ky.** — The first class of the Warrior Transition Course turning former Sailors and Airmen into Soldiers, graduated Sept. 30.

The class, which began Sept. 2, had 26 trainees. But only a handful were former Airmen and Sailors taking part in the Army’s new “Blue to Green” program. The rest were Soldiers with breaks in service, officials said.

Another Warrior Transition Course was scheduled to begin Thursday at Fort Knox, and officials there said they expect about 100 of the trainees to be from the Blue to Green program. Under the new recruiting program, Sailors and Airmen can maintain their current job specialty and rank by enlisting in the Army.

In the four-week course, the new Soldiers learn about rank structure and identification, Army courtesies, and other differences between the services.

“We will teach them such things as basic rifle marksmanship with the M-16,” said Capt. Thomas Oakley, commander of Company C of the 1st Battalion, 46th Infantry, which conducts the Warrior Transition Course. The course itself is not new, he explained, as it has been conducted for years to get Soldiers with breaks in service “back up to speed.”

Oakley referred to the course’s curriculum as a “condensed version of what the privates will get in basic training.”

All of the Soldiers have been through a branch-specific basic training, he said, so this 28-day course is more of a refresher for them.

In the past, the average break in service for Soldiers taking the course has been five and a half years, Oakley said, with the time of separation ranging from 24 hours to 14 years.

Spc. Brandon Beaver, formerly a petty officer third class in the Navy, is in the current Warrior Transition Course.

“My grandmother told me about it,” Beaver said. With his Navy contract expiring, he wanted to stay in the military, he called his recruiter and asked about the program.

“No one really knew about it when I first asked,” he said.

Beaver said he liked the idea of being able to keep his rank and the ability to transfer into a similar military occupational specialty.

Another new Soldier, Pvt. Steven Scott, is a former Airman. Scott heard about the program from his recruiter. He said his recruiter called him and told him about the program, because it would mean he wouldn’t have to repeat basic training.

Both Soldiers are experiencing the challenge of changing branch-specific formalities.

The more formal Army courtesies, such as parade rest, are challenging to Beaver. He said he has always worked in a multi-service environment, and is now trying to adjust to training in where the courtesies are enforced.

The Soldiers also train up in the core warrior tasks and drills.

“The intent on that is so everyone—it doesn’t matter what MOS they are—everyone needs those basic skills to go out into the battlefield and survive, whether they’ll be a driver or an infantryman,” said Oakley.

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HERE





By **Spc. Chris Stephens**  
2nd Infantry Division Public Affairs Office

**CAMP RED CLOUD** — The morning of Aug. 18, 1976, started just like any other day for Spec. 4 Mark Luttrull and his fellow Soldiers stationed near the demilitarized zone.

At 10 a.m., he reported to his company orderly room in preparation to take Joint Security Force commander Capt. Arthur G. Bonifas on that day's assignment. But, this assignment was no ordinary one — this assignment entailed trimming a tree that blocked the view of one of their checkpoints from an observation post inside the JSA.

"Our plan was to trim the tree because we were always afraid our guard at Check Point Three would be kidnapped and whisked away across the 'Bridge of No Return,'" Luttrull said. "The tree was large and in full foliage, not to mention the North Korean guards had been coming to Checkpoint Three harassing our guards. We couldn't get pictures to prove it, because of the tree."

Bonifas departed a meeting and informed Luttrull he wanted him to turn in his TA-50 gear.

"He said he had to turn it in because he was PCSing from Korea in two days, and he trusted me to do it," Luttrull said. "It was the only assignment in the one year I was his driver and guard that I wasn't on with him. It puzzled me, because we had been through our share of dangerous moments together."

After receiving his orders, Luttrull went to complete his mission for his commander without a second thought.

At 10:40 a.m. Bonifas, along with 1st Lt. Mark T. Barrett, a United Nations Command work force consisting of five Korean Service Corps, UNC Security Force and a Republic of Korea Army officer, started to prune the tree near Checkpoint Three.

Shortly after the KSC work force arrived at the tree and began to trim it, (North) Korean People's Army personnel appeared at the work site.

For a short time, the KPA security force observed the pruning without apparent concern.

Suddenly, the KPA security force commander, Senior Lt. Pak Chul, demanded the JSF commander cease

## Veterans recall 1976 DMZ 'axe murder incident'

pruning or there would be trouble.

When Bonifas did not order the operation to stop, one KPA guard was sent back across the Bridge of No Return on foot.

Shortly thereafter, a KPA guard truck came roaring across the bridge with more KPA guards. Pak again demanded the work to stop.

Bonifas again ignored his warning. Seeing that he was losing control, Pak took off his wristwatch, wrapped it in his handkerchief and put it in his pocket.

Another North Korean rolled up his sleeves. Pak then shouted "Mi-kun-ul-chu-ki-gi-cha." Translated, it means, "Kill the U.S. Aggressors."

The UNC security force was attacked by a superior force of 30 KPA guards wielding pick handles, knives, clubs and axes.

Pak jumped on Bonifas from the

back, forcing him to the ground where Bonifas was beaten to death. Barrett was also attacked. The KPA soldiers used the mattox and axes the tree trimming detail was using to prune the tree as weapons.

The North Korean attack was broken up when a UNC Soldier drove his 2.5 ton truck into the fight and over Bonifas to protect him.

The UNC Security Force then withdrew, but not before two American Army officers were killed. A ROK Army officer, three Korean Augmentations to the U.S. Army Soldiers and four U.S. enlisted men were also wounded.

For Lt. Col. Michael Brouillette, who was a private first

**"Kill the U.S. Aggressors!"**

— Senior Lt. Pak Chul

See **Incident** on Page 8



PHOTOS COURTESY 2ND INFANTRY DIVISION MUSEUM

Photographs from the demilitarized zone show a melee Aug. 18, 1976, as North Korean forces wield pick handles, knives, clubs and axes.



North Koreans demand the trimming stop.



A truckload of 30 KPA forces is set to arrive.



A fight breaks out as KPA forces attack.



# Garrison official uncovers illegal activities

By David McNally

Area I Public Affairs Office

**MUNSAN** — A Camp Casey Garrison official happened upon an illegal transfer of goods and services here Sept. 17.

Anthony Vicente, U.S. Army Garrison, Camp Casey, deputy to the garrison commander found about 20 Korean civilians gambling at slot machines, eating and drinking at 2:15 p.m. at the U.S. Army's Morale, Welfare and Recreation bowling center at this small Western Corridor installation, known as RC-4, or Recreation Center-4.

The installation was formally Camp Pelham, which closed in the 1990s, but the installation still has recreation facilities to serve Western Corridor Soldiers.

"I was driving from Camp Giant to Camp Garry Owen," Vicente said. "I noticed several vehicles parked outside the building. I decided to check their decals."

Vicente said about 12 vehicles were in the area, but only two had U.S. Forces Korea decals.

"After I finished inspecting the vehicles, I walked to the main entrance door and found it closed," Vicente said. "Even though the sign stated open for business at 1 p.m."

Vicente checked the bowling center's side doors and found all of them locked, except for one.

"I entered the facility and found the place dark, but with approximately 20 Korean Nationals gambling at the slot machines, eating and drinking."

Vicente identified the bowling center manager, and contacted the military police and the garrison force protection specialist.

"While outside the building waiting, I noticed an extraordinary amount of vehicles entering and leaving the facility without any challenge from the Korean security guard."

After Garrison Force Protection Specialist Christopher Ruffin arrived, the two officials took photographs of the unauthorized vehicles and closed the installation's gate.

Vicente said they turned back vehicles trying to enter the area, except those on official business.

"A great number of unauthorized vehicles tried to enter but were turned back," he said.

The officials returned to the bowling center to inspect identification cards, and found all of the people in the center were unauthorized customers.

Vicente asked the bowling center manager for a copy of the cash register sales report to analyze sales for the day.

"The response was 'no sales entries were made as of that time,' however, evidence around tables showed

empty bottles and cans from people using the facility," he said.

Later, MWR officials said the empty bottles and cans were left over from the previous night.

One customer tried to cash-in about \$500 worth of gambling profits, but Vicente and Ruffin stopped the transaction because of "him not being authorized to play there."

See **Activities** on Page 8

## Employee faces questions over veggies

Area I Public Affairs Office

**CAMP MOBILE** — Alert Army officials spotted a suspicious vehicle Sept. 24 attempting to leave Camp Mobile.

"We noted an individual exiting the Camp Mobile gate with a wooden pallet in the back seat of his vehicle," said Victor Lowe, U.S. Army Garrison,



PHOTO BY VICTOR LOWE

*Under a wooden pallet, officials found bags of lettuce, mushrooms and broccoli, allegedly pilfered from a Camp Mobile warehouse*

Camp Casey director of plans, mobilization and training.

Lowe and Garrison Force Protection Specialist Christopher Ruffin found two large garbage bags under a pallet in the back seat of a Morale, Welfare and Recreation worker's car.

"A check of the two bags revealed numerous heads of lettuce, bags of mushrooms and broccoli," Lowe said. "A check of the vehicle trunk revealed a large stack of wood, which looked to have been used at one time."

Lowe discovered that the employee worked at an MWR warehouse, and both the vegetables and the wood had come from a warehouse storage area.

Officials confirmed the food and wood had not been donated or authorized for the employee to remove from the warehouse.

The incident was turned over to military police investigators. Officials are taking steps to start disciplinary procedures on the employee.

"Though a small and seemingly insignificant find, this individual may have been removing these type items for years undetected," Lowe said. "If he was allowed to walk then he would only continue, once everyone had forgotten."

"If you take a few bags of fresh vegetables daily, you could stock an entire store by the end of the week," said Col. Jeff Christiansen, Area I commander. "This is another chip into fraud and theft."

## NEWS & NOTES

### CID offers reward

The Criminal Investigation Division is offering a \$1,000 reward for information leading to the successful apprehension and prosecution of the person or persons responsible for stealing six U.S. government Compaq desktop computers, and nine Hansol flat screen computer monitors. The equipment was taken from Building 3752, Camp Hovey, between Aug. 15 - Sept. 13. Anyone with information pertaining to the whereabouts of these items and/or person or person responsible for the theft is urged to contact the CID office at 730-3820 or 011-695-1784. Identity can remain confidential. This reward expires on Sept. 30, 2005.

### FAST Class

The Camp Red Cloud Education Center is holding a Functional Academic Skills Training class, or FAST, for GT-score improvement 8 a.m. to 5 p.m. Oct. 18 - 22. Interested Soldiers must take the pretest of adult basic education, which is offered 8 a.m. every Monday at the education center. Registration for this class ends Oct. 15.

## Education center almost set to ring bell

By David McNally

Area I Public Affairs Office

**CAMP STANLEY** — Garrison officials are set to unveil a newly renovated education center here the first week of November.

The former Camp Stanley Post Exchange was gutted and redesigned to become a premiere educational facility for Camp Stanley and Uijeongbu Enclave, officials said.

"Everything is brand new," said Dr. Robert Drake, the Camp Stanley education services specialist. "We're also going to be getting a lot of furniture from the Western Corridor."

Drake explained how the turnover of U.S. bases near the demilitarized zone will turn into a boon of desks and computers to outfit the Camp Stanley Education Center.

Officials at U.S. Army Garrison, Camp Red Cloud, said they invested \$230,000 into the construction project. In all, this year the garrison has funded \$4.5 million worth of Camp Stanley projects.



PHOTO BY DAVID MCNALLY

*This 1950s-era Quonset hut stands ready for a new future as home to the Camp Stanley Education Center. The structure was the former site of the post exchange.*

Soon after the June 14 grand opening of the new Camp Stanley Post Exchange, Korean construction workers set about transforming the 1950s-era Quonset hut. The new facility has three large classrooms, a multi use learning facility and sufficient office space.

"The classrooms are twice as large as our old ones," Drake said. "If you blindfolded someone and took them inside, they wouldn't know they were inside a Quonset hut."

Drake said the increased space will

See **Center** on Page 8



# Nutrition plays important role in weight loss

By Pfc. Stephanie Pearson

Area I Public Affairs Office

**CAMP CASEY** — Watching what you eat is just as important as watching how much you eat when trying to lose weight.

Nutrition instructors teach Soldiers that message in the “Weigh to Stay” program. The 121st General Hospital nutrition department offers the class here in conjunction with Area I community health services.

To lose weight, you should not have to eliminate any foods from your diet, said Maj. Shelly Clyde, chief of clinical dietetics at the 121st General Hospital and one of the class instructors. In addition to giving you energy to function in the form of calories, food is also the main source of nutrients which are essential for preventing diseases. It is important to use balance in meal planning to ensure that you are getting proper nutrients from a variety of food sources.

The best way to do this is by using the food guide pyramid, Clyde said.

The U.S. Department of Agriculture created the food pyramid in 1992 as a universal tool for healthy eating. This familiar chart separates foods into six groups: grains, vegetables, fruits, meat and meat alternatives, milk and milk products, and fats and sweets. Using a pyramid structure, the guide offers

serving suggestions for each of the food groups in proportion to the amounts a person should consume each day to get the maximum benefit of nutrients (see chart).

In addition to maintaining a healthy balance of foods, Clyde warned the class to avoid fad diets, which often limit which foods you can eat.

“Fad diets frequently lack important nutrients,” she explained, “and while they usually lead to rapid weight loss, it is not fat loss and most often is not long-term. They also support unhealthy eating habits.”

Clyde said recognizing a fad diet is easy, and advised the Soldiers to stay away from diets that offer a “magic” or “miracle” weight-loss food; require you to eat bizarre quantities of a certain food; prescribe rigid menus or specific food combinations; don’t require an increase in physical activities; or promise a weight loss greater than one to two pounds per week. Examples of these include liquid diets, low-carbohydrate diets, and

single-food diets.

She also cautioned Soldiers about using vitamin supplements, saying that while some have real benefits, students should beware of any that make questionable claims, such as weight loss, higher energy levels or improved physical performance. Some supplements are even dangerous, and there are unfortunately not many laws governing the production and sale of supplements.

“Reconsider the use of vitamins,” Clyde urged.

Another important resource in maintaining proper nutrition is food labels, Clyde said. Found on most food packages, these labels offer a lot of information about nutritional content.

But the most important piece of information on that label, Clyde said, is the serving size. Look at how many servings are in each package, she said, explaining that a lot of people think one package is one serving, when in reality it is often two or more.

“For example, a 20-ounce bottle of soda has 250 calories per

serving, and most people drink the whole bottle,” she said, “But in reality, there are two and half servings in that bottle!”

Beverages are a huge source of hidden calories, Clyde added, calling them “empty” calories because they offer little nutritional value. This also includes alcohol – one gram of alcohol contains seven calories, compared to one gram of carbohydrates or one gram of protein, each of which has four calories. One gram of fat contains nine calories.

Clyde left the class with the following basic nutrition guidelines:

- eat a variety of foods
- eat often - four to five small meals a day are better than two or three big meals
- don’t skip meals
- strive to eat the proper number of servings each day
- choose lower-fat foods
- drink eight to 10 glasses of water a day
- include all foods in moderation
- read labels
- be active, and keep a food and activity log

By following these simple guidelines, Clyde said, Soldiers can achieve – and maintain – a healthy weight and lifestyle.

*(Editor’s note: This is part two in a three-part series on weight control.)*

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## Garrison alleviates traffic, parking problems

Area I Public Affairs Office

**CAMP CASEY** — Garrison officials braved heavy rains Oct. 1 in a ribbon-cutting ceremony to inaugurate Camp Casey’s new employee parking lot.

Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey commander, explained that officials began looking for a place to build the parking lot in response to concerns about traffic and parking congestion along Casey Boulevard., the post’s main thoroughfare.

“This parking lot represents a quality of life improvement for our Korean workforce, who comes on post everyday to support us and operate things on this camp,” he said. “Now they all have a place to park here, and I’m more willing to sign vehicle decals for our employees to drive on post.”

The new lot, located next to Maude Hall, has 75 spaces. Murray asked golf course, commissary and post-exchange employees and concessionaires to use the new parking lot, leaving store-front spaces for customers.



PHOTO BY PFC. STEPHANIE PEARSON

Maude Hall looms behind the new employee parking lot on Camp Casey. The new lot was opened Oct. 1 for commissary, golf course and post-exchange employees.

## USO program builds community relations

By Pfc. Stephanie Pearson

Area I Public Affairs Office

**CAMP CASEY** — Soldier volunteers met with Korean educators at the Warrior’s Club Oct. 1 to celebrate the beginning of the fall term of the USO Virtues Program.

“The USO Virtues Development Program was created in 2002 to support Gen. (Leon) LaPorte’s Good Neighbor Program,” said Sally Hall, Camp Casey USO director. “It is an English-as-a-second-language project where units adopt a school for twelve weeks, and teach English to elementary-grade schoolchildren.”

The program’s three main objectives are to strengthen existing good relations between the Korean and military communities, improve the morale of U.S. Soldiers in Korea through participation in a community-service project and interaction with Korean culture, and to help Korean children learn English more effectively, Hall said.

Garrison and USO officials

joined the group over dinner in honoring the Soldiers and units who volunteered last term.

“Many of our school members are grateful for your service,” said Rhee Myung-sook, superintendent, Tongducheon department of education. “I hope that through this type of program, the relationship between Tongducheon city and Camp Casey will be strengthened.”

When the program began, only two schools and 15 volunteers were involved. This term, the fourth, will see 44 volunteers at all of Tongducheon’s 11 schools.

Rhee said she hopes to bring the program to Tongducheon middle schools next.

“The growth of this program has been tremendous,” said Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey commander. “I’m really excited and proud of our Soldiers for participating.”

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## Incident

from Page 5

who was a private first class at the time, the “axe murders” were something that hit home.

On June 26 of that same year, while driving his jeep in the JSA, Brouillette was attacked by 15-20 KPA guards.

“At that time all I could think about was getting the heck out of there – alive,” he said. “I feel very blessed to not have been killed that day. That day also made me realize how real our fight with communism was.”

Upon finding out about the “axe murders,” Brouillette said he had a burning desire to get revenge.

“After the incident, I volunteered to be the new company commander’s driver for a year and extend a year, which was unheard of back then,” Brouillette said.

Reactions of other Soldiers around the DMZ were the same.

“We were all perturbed at what happened in the JSA,” said Bill Ferguson, who was a specialist 4 at the time. “Most of the Americans, and a good portion of the KATUSAs wanted to go up there and kick what butt we could before they mowed us down. We didn’t have much as far as

weaponry went, just M-16’s and .45-calibers.”

“We wanted revenge real bad,” Ferguson said. “We were hoping that the big decision makers were going to come up with a good plan to allow us to kill a few, whether we died or not. Those were our guys that died, and we were an extremely close-knit unit.”

To the dismay of many Soldiers, revenge was not something they would be afforded the opportunity to get.

“Although we didn’t do what we wanted, I learned that sometimes there is a better way to do things, although it may not feel as satisfying,” Ferguson said.

The better way to do things would come three days later during Operation Paul Bunyan.

*(Editor’s Note: This is the first story in a three-part series. Look for the American reaction to the incident in the next issue of the Morning Calm Weekly.)*

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## Activites

from Page 6

During the same afternoon, the two officials stopped a Western Corridor Directorate of Public Works utilities division truck from entering the RC-4 compound.

“None of the three DPW employees produced a record to justify their visit to RC-4,” Vicente said. “During the conversation with them, I noticed several plastic bags in the back of the vehicle and behind the chairs. I asked them what was inside these bags. Their response was ‘food.’”

However, Vicente and Ruffin soon found the vehicle was instead loaded with tax-free cigarettes and gingseng drinks.

Officials are taking steps to start disciplinary procedures on the employees.

“All three DPW employees will be charged with illegal transfer of goods,” Vicente said. “A military police report will follow soon.”

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## Center

from Page 6

translate into better educational opportunities.

“We’ll be able to expand the number of courses the two schools, Central Texas College and University of Maryland, are going to offer,” he said.

Earlier this year, the senior tactical commander on Camp Stanley, Col. Ross Ridge, 2nd Infantry Division Artillery commander, said college classes happen at conference rooms all over the installation.

“Uijeongbu has one of the largest class enrollments in all of Korea,” Ridge said at an installation planning board meeting, “but, we lack space.”

“Classroom space is always in competition with storage and office space,” said William Kapaku, deputy to the garrison commander, USAG, CRC. “We’re always looking at where we can expand classroom space. Clearly, Camp Stanley leads the way with the number of college class enrollments, so this renovated center should help the community.”

The center will feature a computer lab with 19 computer systems, as well as a new reception area to take care of Soldiers when they come in.

“One of the beauties of this building is, it is totally centralized to the camp,” Drake said. “Before, Soldiers would come to the education center looking for their class, and we’d have to send them to another building.”

As workers put the finishing touches on the renovated facility, the education center staff continues to seek out more furniture and computers. They said they hope everything will be in place for a grand opening during American Education Week in November.

Kapaku said the former education center may be host to high-traffic personnel needs, like the identification card office, or other key services delivered through the 509th Personnel Services Battalion.

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## SCRA and how it helps you: the servicemember

By Capt. Rochelle M. Howard

Yongsan Law Center

**YONGSAN** — “I heard I can get my credit card interest rates reduced to 6 percent, is this true?” This is the most common consumer question that I hear from my clients as a Legal Assistance Attorney here in Yongsan. This question stems from the protections that are provided to servicemembers in the Servicemembers’ Civil Relief Act.

The SCRA is a revised version of the original act, the Soldiers’ and Sailors’ Civil Relief Act that was enacted in 1940. The SCRA became effective on Dec. 19, 2003. There is

largely no difference between the SCRA and the SCRA. However, the SCRA clarifies, simplifies and somewhat expands



Howard

on the original servicemember protections.

Servicemembers have many protections in the SCRA. The following protections are the most commonly used:

- A right to a stay of proceedings when the servicemember is a defendant in a civil proceeding;

- A maximum interest rate of 6 percent on debts incurred before military service;

- Precludes any eviction of a servicemember and the service member’s family members without a court order; and

- Possible termination of pre-service residential and vehicle leases upon entry into military service or when permanently changing stations.

### Stay of proceedings

For the servicemember to request this protection, which can occur at any stage of the proceedings, the servicemember must be the named defendant and must be serving in the military at the time of the original filing of the proceeding. The servicemember can then write any type of communication to the court stating that their military duties preclude their

See **Law** on Page 10

## Civilians giving back to country

By Alex Harrington

Area II Public Affairs Office

**YONGSAN** — For more than 238 years Army civilians have been serving the U.S. Army in many facets as clerks, skilled tradesmen, physicians, teamsters and common laborers.

It is commonly accepted that the first true civilian was Richard Peters, Esq., a lawyer, who served as Secretary of the newly formed Board of War and Ordnance, established in June 1776, as a committee of Congress, according to a personnel study.

Today, there are more than 200,000 civilians in the Army workforce, with hundreds deployed overseas, including the Republic of Korea, performing maintenance, real estate functions, engineering, auditing, morale, welfare, and recreation, safety, personnel management and other sustainment-related functions.

In 1st Signal Brigade there are more than 150 U.S. civilians working to support the brigade’s mission throughout the peninsula, according to a resource management official.

### Ed Sligar

For one such individual, Ed Sligar, has been serving 1st Signal Brigade for more than 20 years as the principle financial consultant and resource manager here in the ROK.

“From my past experiences in the private sector—operating my own business or working for state government—I found

my greatest success in working in federal service,” said Sligar, adding, “My service with 1st Signal Brigade has been most fulfilling.”

In his work he enjoys helping those around him to achieve excellence and self-actualization.

“This may sound a little corny, but when I help people I feel most satisfied



Brush

Sligar

Soper

and fulfilled. I take great satisfaction in being able to help someone to accomplish their job when they believe it needs to be accomplished, and it is much easier to help them when you understand what they need to accomplish,” said Sligar.

Since 1984, Sligar proved to be an integral part of 1st Signal Brigade, emphasized Col. Ronald Bouchard, former 1st Signal Bde. commander.

“His efficient and economic use of resources coupled with his innovative approach to anticipating future needs have greatly contributed to providing mission critical, war fighting military systems for

United States Forces Korea and 8th, U.S. Army,” said Bouchard.

Coming from a poor family, Sligar knows the meaning of hard work and what it takes to go out and earn money.

“I’ve never been unemployed my whole life,” said Sligar, while he leaned back in his chair. “There wasn’t a time where I did not have a job, and I attribute that to a willingness to work. I often hear people lamenting about not having a job that they truly desire...or want...or maybe even deserve. And I probably had some of those feelings, but I was always willing to take what I could get when I needed a job.”

The awards and nearly 30 years of working for the Army are not, according to Sligar, the most important things in his life.

“A job is just a job...a means to put food on the table and clothes on your back,” he said. “The most important things in this life are God and my family.”

Although, Sligar indicated that he regrets spending too much time on the job, instead of balancing his work with quality time with his family.

“Regrettably, I missed out on those important times with my own children,” and emphasized “I hope to have some grandchildren and regain some of those missed opportunities that I missed with my son and daughter.”

### Allan Soper

Following his 20-year service with the U.S. Air Force, telecommunication specialist Allan Soper feels that the training he received during his military career benefits 1st Signal Brigade today.

“All the training and classes I received while serving in the Air Force equipped me to better serve 1st Signal Brigade today,” said Soper and added, “The Air Force afforded me the opportunity to learn the basic principles of being a manager.”

### Bill Brush

Another 1st Signal employee, Army veteran Bill Brush, has worked for the Department of the Army for over 40 years, and continues to support the Soldiers as a management analyst in the brigade’s resource management department.

“I truly enjoy my job, working with my colleagues and serving the Soldiers,” Brush said. “After leaving the Army in 1966, I readily accepted an opportunity with the same organization that proved to be the beginning of my career in the government.”

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## Area II Fire Prevention Week



PHOTO BY PVT. SEO KI-CHUL

Nicky Benson (middle), a member of the infant school, participates in the outdoor fire prevention instruction in front of the South Post Chapel on Oct. 5.



## NEWS & NOTES

### Commander's Hotline

The Commander's Hotline e-mail address is areaiitownhall@korea.army.mil. For more information, call 738-5017.

### Holiday Greetings Video

There is a free "Holiday Greetings" video program 10 a.m. - 6 p.m. Sunday and Monday at Dragon Hill Lodge Courtyard. For more information, call 738-7354.

### USACCK Closure

The U.S. Army Contracting Command Korea will be closed for its Organization Day Picnic Oct. 15. For more information, call 724-6490.

### Itaewon Global Village Marathon

There is a marathon competition sponsored by Itaewon Special Tourism Zone Association 2 - 4 p.m. Oct. 17 at Itaewon Boulevard. This marathon competition is open to all. For registration and more information, call 02-757-6161.

### Army Competitive Category Promotion Board

There is a promotion board for all first lieutenants with a date of rank of March 31, 2004 and earlier, for promotion to Captain. Applicants need to update promotion file. Selection board will meet Oct. 26. Contact Personnel Services Detachment for records update.

### OCS Board

The Area II Support Activity local Officer Candidate School board will meet 9:30 a.m. Nov. 1 at the Command Conference Room, Building 4305, Room 107. For more information, call 738-5017.

### ACAP Briefings

If your unit is in Area II and you would like an ACAP briefing at your facility, contact the ACAP manager, Laddie Broz. Briefings usually last about one-half hour depending on unit participation. They can be held Monday through Friday, 8 a.m. - 5 p.m. For more information, call 738-7322.

### Pet Care Center

Customers going on permanent change of station or having other emergencies can make special arrangements for pick-up services. Pick up from the Pet Care Center is the only service that will be provided on authorized closing days. For more information, call 738-5254.

### Funded Legal Education Program

The Office of The Judge Advocate General is offering the Army's Funded Legal Education Program. The Program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two years of total active federal service at the time training begins. For more information, call 723-3423 or e-mail at john.hughey@korea.army.mil.

### Army Substance Abuse Program

Army Substance Abuse Program provides comprehensive substance abuse treatment as well as prevention training and education for all residents in Yongsan / Area II. ASAP is located in building 5531. For more information, call 736-5060.

# USFK personnel participate in marathon

By John A. Nowell

Area II Public Affairs Office

**YONGSAN** — More than 500 United States Forces Korea personnel had the unique opportunity to join the citizens of Gangnam-gu in the Second International Peace Marathon held in the Olympic Stadium Sunday.

The mayor of Gangnam-gu, Moon Yong Kwon, welcomed more than 6,500 runners at the day's event in a brief ceremony before an estimated crowd of 20,000, most of them well wishers and family members of the participating runners.

"The 2004 International Peace Marathon is designed to facilitate peace for mankind. We invited foreigners residing in Korea, 8th U.S. Army Soldiers and their families, Gangnam-gu's international sister cities, as well as Korean citizens to the peace marathon to make a better world together," said Kwon.

Kwon's mention of sister cities was

in reference to two delegations, one from Riverside, Calif. and the other from Zhongshan District of Dalian, China, who were visiting Gangnam-gu in conjunction with the marathon.

Ronald O. Loveridge, mayor of Riverside, offered his congratulations in the ceremony. "I would like to take this opportunity to congratulate the City of Gangnam for its leadership and initiative in the celebration of the International Peace Marathon. Gangnam's encouragement of peace and accord on this day, are principles to be admired and emulated throughout the world," said Loveridge.

Lt. Gen. Charles C. Campbell, commanding general, 8th U.S. Army, also attended the ceremony and offered his congratulations.

"On behalf of 8th Army Soldiers and their families, I want to extend our gratitude to the citizens of Gangnam-gu for your continued support of the Korean-United States Alliance. My

sincere appreciation also goes out to Mayor Kwon and his staff for putting together this wonderful event," said Campbell.

"This marathon is just one example of the strength of our commitment to each other," said Campbell.

The marathon began as a suggestion by Grandmaster Tong-suk Chun, chairman and chief executive officer of the World Cultural and Sports Foundation, Inc., based in Los Angeles.

"I made a suggestion to Mayor Kwon, two years ago, to host an event to promote peace and understanding for the citizens of Gangnam-gu with the United States Forces Korea to counter the anti-American mood that had built up following the accidental death of two Korean girls in June 2002," said Chun.

"I am so happy to see this event continue as an annual event to promote better understanding and citizenship between our two nations as a Good Neighbor Program," concluded Chun.

The 8th U.S. Army Band as well as a taekwon-do demonstration team from 2nd Infantry Division provided entertainment in the day-long festival.

USFK personnel who participated in the marathon had their choice of running a full marathon, half-marathon, a 10 kilometer or 5-kilometer run said Capt. Steven Jung, assistant chief of staff, civil affairs for 8th Army.

Spc. Heather Kinzey, 8th U.S. Army, assistant chief of staff, G2, won the female category in the 10-kilometer run with a time of 40:22. She was the only USFK participant to place in the four venues and she received a first place trophy and gift certificate for 500,000 won.

"We had over 500 personnel participating in the event with units as far away as the 307th Signal Battalion stationed at Camp Carroll in Waegwan," said Jung.

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PHOTO BY JOHN NOWELL

The full marathon (42.195 kilometer) was the first event to begin. Here at the 3 second mark is Pfc. John Rodrigues (registration # 816), Company B, 307th Signal Battalion, just below the clock surrounded by mostly Korean runners in this event. The winner of the full marathon was Lee Myung-kun with a time of 2 hours 32 minutes 22 seconds. He was presented with a round-trip airplane ticket to attend the Boston Marathon as well as a 700,000 won gift certificate.

## Law

ability to appear.

If the court decides to grant the request, the civil proceeding will be postponed for a period of no less than 90 days. If the court decides to refuse to grant the protection, the court must appoint counsel to represent the servicemember in his absence of the civil proceedings. The theory of this protection is to not force the servicemember to leave his military duties and take his vacation time to defend themselves anytime someone wishes to sue himself in court.

### Six percent protection

The second most common protection is the maximum rate of interest of 6 percent. Upon entry into military service, servicemembers are entitled to request that any interest on loans or debts be

reduced to an interest rate not higher than 6 percent. This request has to be sent to the consumer agency in writing within the first 180 days of military service. The servicemember is also required to submit a copy of their orders bringing them onto active duty. Further, the consumer agency is required to forgive any interest charged to a servicemember over 6 percent on all pre-service debt.

### Eviction protection

Another common protection of the new SCRA is that landlords are prohibited from evicting servicemembers and their family members from residential premises during their military service without a court order. This is a very simple protection that protects the servicemember during all times of his military service.

### Residential and vehicle lease termination

Lastly, servicemembers have the option to terminate any residential or vehicle lease upon entering into military service (without a military clause in their lease) or on the date of permanently changing stations for a period of over 180 days. Again, the servicemember's request for this protection must be in writing to the landlord.

The SCRA is a great asset to military personnel. Congress has enacted all of these protections to recognize our service in the military. Our servicemembers should be properly advised and the Legal Assistance Office can help.

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fromPage9



Experience Greater Seoul

Cultural Events, Tours and Entertainment

USO Tours	Royal Asiatic Tour	Entertainment
<div><div>■ Panmunjum (DMZ) Tour – 11:30 a.m. - 4:30 p.m. Saturday</div><div>■ Mt. Sorak Overnight Tour – Saturday - Monday</div><div>■ Korean Traditional Stage at Chongdong Theater – 3 - 7 p.m. Sunday</div><div>■ Seoul Land and Zoo Tour – 6 - 10 p.m. Monday</div><div>■ Ichon Pottery Shopping Tour – 8 a.m. - 4 p.m. Tuesday</div><div>■ Insadong Night Tour – 6 p.m. - 10 p.m. Tuesday</div></div> <div>For more information, call the Seoul USO office at 02-792-3380.</div>	<div><div>■ Bukchon Walking Tour – 9:30 a.m. - 1 p.m. Saturday</div><div>■ Jeju-do Tour – 8:30 a.m. Saturday - Sunday</div><div>■ Kiln Tour (Icheon Ceramic Festival) – Sunday</div><div>■ Andong Tour – Oct. 16 - 17</div><div>■ Masterpieces of Silk Embroidery Tour – Oct. 16</div><div>■ Odaesan National Park and Woljongsa Temple Tour – Oct. 17</div></div> <div>Call 02-763-9483 for more information about Royal Asiatic Society events.</div>	<div><div>■ Festival – The 7th Seoul International Dance Festival will be at the Seoul Arts Center 8 p.m. Tuesday-Thursday. For more information, call 02-763-1178.</div><div>■ Concert – The New York Philharmonic Orchestra Concert will be held 7:30 p.m. Thursday. For more information, call 02-399-1114.</div><div>■ Art Fair – 2004 Seoul International Art Fair will be at the Seoul Arts Center 11 a.m. - 10 p.m. Today - Wednesday. For more information, call 02-514-9292.</div></div>

ROKA nurses visit 121st Hospital

Story, photo by Alex Harrington

Area II Public Affairs Office

**YONGSAN** — Nurses from the Republic of Korea Armed Forces Capital Hospital visited 121st General Hospital, located at Yongsan Army Garrison, to learn and compare ROK/U.S. emergency service systems, Sept. 22.

“This visit allows the ROKA registered nurses to compare ROK medical services to the U.S. Army’s emergency care system,” said 1st Lt. Ko Hi-Eun, who is currently training at 121st General Hospital.

The group, which consisted of 21 nurses and a doctor, spent nearly three hours visiting various branches at 121st.

“We allowed the group to tour the operating room, intensive care unit, emergency room, general and psychiatric wards at our hospital,” said Ko.

Capt. Miguel Deleon, chief of clinical education, emphasized that the visit afforded a chance for the ROKA nurses to gain better insight on how the Army conducts emergency medical services.

“This tour gives the ROKA officers a basic understanding of what each inpatient unit offers, in terms of patient care and staffing,” said Deleon. “They, in turn, will utilize some of theses experiences and possibly apply it toward their concept of operations,” and added, “It is a win-win situation.”

The visit also strengthens the alliance between the ROK and United States, emphasized Deleon.

“This tour helps foster the ROK/US alliance,” said Deleon. “It is our hope to participate in more programs, like this one, to continually build positive working relations and understanding between our medical services.”



121st General Hospital head nurse, Maj. Pieter Rutkowski right, leads four Republic of Korea Army nurses during a tour through the emergency care unit.

E-mail [harringtona@korea.army.mil](mailto:harringtona@korea.army.mil)





## Community Events, Classes and Meetings

### ***NCOA softball tournament***

The Noncommissioned Officers Association is looking for 16 softball teams to participate in a tournament Saturday and Sunday. Trophies will be awarded for first through third place. Also, there are cash prizes for the top three home run hitters. For more information, call 738-9609.

### ***ARC first aid and safety courses***

American Red Cross is offering the following courses: ARC orientation, Monday, 9 a.m. to noon (free); first aid and safety, Oct. 16, 9 a.m. to 5 p.m. (\$30); babysitting, Oct. 30, 9 a.m. to 3 p.m. (\$25). For more information, call 738-3670.

### ***Rice drive***

Help support Philip Brogdon's Eagle Scout project for Korean social welfare projects, Saturday Noon. to 6 p.m. Rice or money will be accepted during the Columbus Day Carnival. For more information, e-mail jwarbler1956@yahoo.com.

### ***Seoul Computer Club monthly meeting***

The October meeting of the Seoul Computer Club will be held on Saturday, 2 p.m., at the Seoul USO, located on Camp Kim. For more information, go to [www.seoulcc.org](http://www.seoulcc.org).

### ***Food Show coming to Seoul***

There is more to Korean cooking than kimchi and red-hot chili pepper paste. If you would like a sample of Korean culture and food, plan to attend the Seoul International Health Food Expo 2004. It will be held at the AT Center in Yangjae in southern Seoul, Thursday to Oct. 17. For more information, call 315-723-3256 or go to [www.seoulhealthfood.com](http://www.seoulhealthfood.com). Admission is free. Area II will provide bus transportation to the show on Oct. 16, departing at 10 a.m. from Building 4106 and returning at 3:30 p.m. Call 738-5212 for reservations.

### ***Learn how to make baby blankets***

U.S. Forces Korea members are invited to a quilter's workshop, Oct.

18, 9 a.m. to 2:30 p.m., at the South Post Chapel. Attendees will learn how to make baby blankets for the 121st General Hospital Stork's Nest Unit. Baby blankets are donated to new moms who have had to wait at the hospital for the birth of their babies. For more information, call 02-319-2683.

### ***AFSC luncheon***

Armed Forces Spouses Club is hosting a luncheon Oct. 19 at the Dragon Hill Lodge. This month's speaker is Dianne Wermenlinger R.N. She will speak on personal empowerment for women through communications. For reservations, call 738-3899 or 02-6355-5073.

### ***School Jam***

Alpha Phi Alpha Fraternity Inc. will host a "School Jam" on Oct. 23 at the Dragon Hill Lodge. The event will raise funds to build scholarships for students. Alpha Phi Alpha Fraternity was founded in 1906, with the goal of "service" to all mankind.

### ***Essay contest***

Korean corporate members of the Association of U.S. Army are sponsoring an essay contest, "Life in Korea," for active-duty Soldiers, family members and Korean

Augmentation to the U.S. Army Soldiers. For more information, call 723-6306 or e-mail [petersenjc@korea.army.mil](mailto:petersenjc@korea.army.mil).

### ***Marine Corps Birthday Ball***

The 229th United States Marine Corps Birthday Ball will be held at the Grand Hyatt Hotel, Seoul, 6 p.m., Nov. 10, Guest of Honor is retired Lt. Gen. Kim Sung-Eun, 15th minister of National Defense, and fourth commandant, Republic of Korea Marine Corps. For tickets, e-mail: [ombmcball@marfork.usmc.mil](mailto:ombmcball@marfork.usmc.mil)

### ***DODDS Yongsan***

### ***SAHS Homecoming***

The Seoul American High School Homecoming is on Oct. 16. The Homecoming dance will be held at the Dragon Hill Lodge, 7 p.m. to 11 p.m.

### ***SAHS Spirit Week***

Spirit Week events are Tuesday (Pajama Day); Wednesday (Wacky Tacky Day); Oct. 14 (Tropical Day) and Oct. 15 (School Spirit Day-wear blue and white). For more information, email [June\\_wilkins@pac.odedodea.edu](mailto:June_wilkins@pac.odedodea.edu).

Now showing at AAFES Reel Time Theaters

For additional listings or  
matinees call respective theater or  
see [www.aafes.com](http://www.aafes.com)

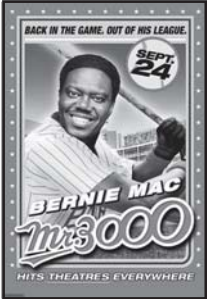
Oct. 8 - 14

AT THE  
MOVIES



Location Phone No.	Oct. 8	Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13	Oct. 14
Casey 730-7354	The Manchurian Candidate	Mr. 3000	Mr. 3000	The Village	Sky Captain and the World of Tomorrow	Sky Captain and the World of Tomorrow	King Arthur
Essayons 732-9008	No Show	Harold and Kumar Go To White Castle	No Show	Harold and Kumar Go To White Castle	Mr. 3000	No Show	Sky Captain and the World of Tomorrow
Garry Owen 734-2509	No Show	Resident Evil: Apocalypse	Harold and Kumar Go To White Castle	Harold and Kumar Go To White Castle	I, Robot	No Show	I, Robot
Henry 768-7724	The Manchurian Candidate	Resident Evil: Apocalypse	Resident Evil: Apocalypse	The Village	No Show	No Show	No Show
Humphreys 753-7716	Mr. 3000	Mr. 3000	Mr. 3000	The Village	The Village	The Manchurian Candidate	The Manchurian Candidate
Hialeah 763-370	Resident Evil: Apocalypse	Garfield	I, Robot	Harold and Kumar Go To White Castle	No Show	No Show	No Show
Hovey 730-5412	No Show	No Show	No Show	No Show	No Show	No Show	No Show
Howze 734-5689	Resident Evil: Apocalypse	Catwoman	No Show	No Show	No Show	No Show	No Show

Mr. 3000



Stan Ross retired after making what he thought was his 3,000th base hit. He shocked his teammates by quitting in the middle of the game, certain that his Hall of Fame position was in the bag. Complications arise when they discover that three of his hits during his 10-year career had been disqualified. Known as Mr. 3000, the 47-year-old, out-of-shape ball player returns to the game seven years later intending to stay only as long as it takes to get the hits he needs, but something unexpected happens along the way, he rediscovers his love for the game.

PG-13



Schedule subject to change



Sky Captain and  
the World of Tomorrow



In 1939, an intrepid reporter in New York City makes a connection between the story she's covering— of famous scientists suddenly disappearing around the world, and a recent robot attack on the city. Determined to find the solution to these happenings, she seeks the help of her ex-boyfriend, the captain of a mercinary legion of pilots. The two are investigating the case when the robots attack the city again, though in a stroke of luck, Sky Captain's right hand man is able to locate their source. They then set off on an adventure in search of an evil mastermind behind these schemes, who is bent on creating a utopia and destroying the current world.

PG

Location Phone No.	Oct. 8	Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13	Oct. 14
Kunsan 782-4987	Paparazzi	Paparazzi	The Village	No Show	The Village	The Manchurian Candidate	The Manchurian Candidate
Long 721-3407	Without a Paddle	No Show	Without a Paddle	Thunderbirds	No Show	No Show	No Show
Osan 784-4930	First Daughter	First Daughter	Sky Captain and the World of Tomorrow	The Village	The Village	The Manchurian Candidate	The Manchurian Candidate
Page 721-5499	No Show	No Show	No Show	No Show	No Show	No Show	No Show
Red Cloud 732-6620	Mr. 3000	Sky Captain and the World of Tomorrow	Sky Captain and the World of Tomorrow	The Village	The Manchurian Candidate	No Show	First Daughter
Stanley 732-5565	The Manchurian Candidate	The Manchurian Candidate	The Village	The Village	No Show	First Daughter	Chronicles of Riddick
Yongsan I 738-7389	First Daughter	First Daughter	First Daughter	The Village	The Village	The Village	The Village
Yongsan II 738-7389	Two Brothers	Around the World in 80 Days	A Cinderella Story	Sleepover	The Manchurian Candidate	The Manchurian Candidate	Yu-gi-oh! The Movie
Yongsan III 738-7389	Two Brothers	Around the World in 80 Days	A Cinderella Story	Sleepover	I, Robot	I, Robot	Yu-gi-oh! The Movie



Life isn’t about beating the competition

By Chaplain (Lt. Col.) Vincent D. Burns

Area II Catholic Chaplain

**YONGSAN** — The purpose of a coach is to be a motivator as well as a leader. He or she tries to pull out your best. The goal is usually some kind of a championship, to the best individual in the competition, or the best team in the league or conference.

Over the runway that leads from the locker room to the stadium at the university of Notre Dame there is a sign: “First be the best, then you will be first.”

With that introduction read now the words of Christ in the ninth chapter of St. Mark, “Whoever wishes to rank first must remain the last one of all and the servant of all.”

Is that a contradiction to what a coach would tell you? I don’t think so. We live in a world of competition—and that is just magnified by the sports world. Winning and success are presented to us as the only objective of life. These words of Christ tell us

about his priorities. They tell us how Christ thinks and operates and how he wants us to think and operate. Christ rates us not by how many championships we’ve won, not by how many times we have come in first place or beat out our competitors. Christ rates us only by performance, and by how hard we have tried, and by whether or not we have done our best. And then he rates us by how we have tried to take care of others. “He must remain the last one of all and the servant of all.”

Life isn’t about being the best; life is about doing your best. Life isn’t about being number one; life is about being all that God created you to be. Life isn’t about beating out the competition; life is about you, yourself being better every time you take the field, or step up to the plate, or take an Army Physical Fitness Test, or every time you do your job, whatever that job happens to be. Life isn’t about competing with the rest of the world; life is about competing with yourself—your selfishness, your laziness, your tendency to sin or

to do the wrong thing, or to feel sorry for yourself.

The Christian dimension that comes from the message of the Gospel is that as participants in this game of life the challenge is not necessarily to win; the challenge is to put forth your best effort, time after time, day after day, at every moment, no matter what the circumstances, no matter what the personal cost.

And the call is not to be recognized as first or number one or the winner, but the call is to serve, to serve others, to serve your family, your nation, those who need help, your buddy, your fellow Soldier, the financially poor, the people on the street, the refugees....

In the kingdom of Christ you are the most important when you use every talent and skill and gift that God has given you to enrich the life of someone else. However you do this is for you and God to work out. But be assured that according to standards of Christ and the principles of the Gospel, greatness is associated only with service. And the only way to fail is not to be all that God created you to be.

Area II Worship Services

Protestant

Contemporary	Sunday	10 a.m.	Multipurpose Training Facility
Episcopal	Sunday	10 a.m.	Memorial Chapel
Church of Christ	Sunday	2 p.m.	South Post Chapel
United Pentecostal	Sunday	1 p.m.	Memorial Chapel
Church International			
Collective	Sunday	8 a.m.	Memorial Chapel
		9:30 a.m.	121 Hospital Chapel
		9:30 a.m.	Hannam Village Chapel (Korean)
		10 a.m.	South Post Chapel
		11 a.m.	Hannam Village Chapel

Collective	Sunday	6 p.m.	South Post Chapel
		1 p.m.	Camp Colbern Chapel
Korean	Tuesday	6 p.m.	Camp Colbern Chapel
	Thursday	6:30 p.m.	Memorial Chapel
	2nd Tuesday	11:45 a.m.	Memorial Chapel

Catholic

Mass	Sunday	8 a.m.	South Post Chapel
		11:30 a.m.	Memorial Chapel
	Tuesday	12:05 p.m.	121 Hospital Chapel
		7 p.m.	South Post Chapel

Mass	Mon/Wed/	12:05 p.m.	Memorial Chapel
	Thur/Fri	5 p.m.	Memorial Chapel

Area II Chaplains

**Chaplain (Lt. Col.) Thomas Drake**  
DrakeT@korea.army.mil or DSN 738-3011

**Chaplain (Lt. Col.) Vincent Burns**  
BurnsV@korea.army.mil or DSN 725-2955

**Chaplain (Lt. Col.) David Colwell**  
David.Colwell@korea.army.mil or DSN 738-4043

**Chaplain (Maj.) Stanley Whitten**  
Whittense@korea.army.mil or DSN 736-3018

# Falcons, Warriors and Cougars battle it out in double round-robin:

Area II Public Affairs Office

## Korea football capsules



### Korea football schedule

Sept. 18

Osan American, 6 at Seoul American, 20, 2 p.m.

Oct. 2

Osan American, 26 at Taegu American, 0, 2 p.m.

Saturday

Taegu American at Seoul American, 2 p.m.

Oct. 16

Osan American at Seoul American, 2 p.m.

Oct. 23

Seoul American at Taegu American, 2 p.m.

Oct. 30

Osan American at Taegu American, 2 p.m.

### Seoul American Falcons

Yongsan Garrison

**2003 record:** 4-0, 1,000, 152 points for, 33 against. Department of Defense Dependents Schools-Korea league season champion, Falcons have won 17 straight games, dating back to final two seasons of Korea Youth Activities League-Senior Division, as the Yongsan Falcons.

**Coach:** Julian Harden, second season, overall record 5-0, one league championship.

**Returning players:** 15.

**Returning starters:** 8.

**Base offense:** Multiple.

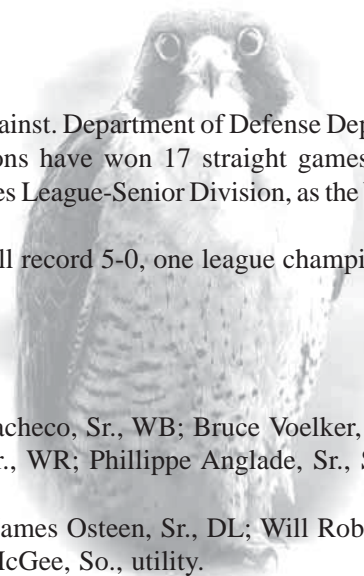
**Base defense:** 5-man fronts.

**Key returnees:** Kris Sadler, Sr., RB; Leo Pacheco, Sr., WB; Bruce Voelker, Jr., QB; Kevin Garner, Sr., OG; Jeremy Christopher, Jr., WR; Phillippe Anglade, Sr., SS; Neil Hammit, Sr., DE; Scott Tunis, Sr., LB-FB.

**Key newcomers:** Alfred Ellerbee, Sr., FB; James Osteen, Sr., DL; Will Roberts, Sr., C-DL; Mike Goodman, Jr., TE-NG; Marcus McGee, So., utility.

**Strengths:** Speed, defensive pressure.

**Weaknesses:** Lack of depth, experience.



### Osan American Cougars

Osan Air Base

**2003 record:** 2-2, .500, 110 points for, 62 against, second in Department of Defense Dependents Schools-Korea league.

**Coach:** Tony Alvarado, second season, overall record 3-3.

**Returning players:** 15.

**Returning starters:** 12.

**Base offense:** 1.

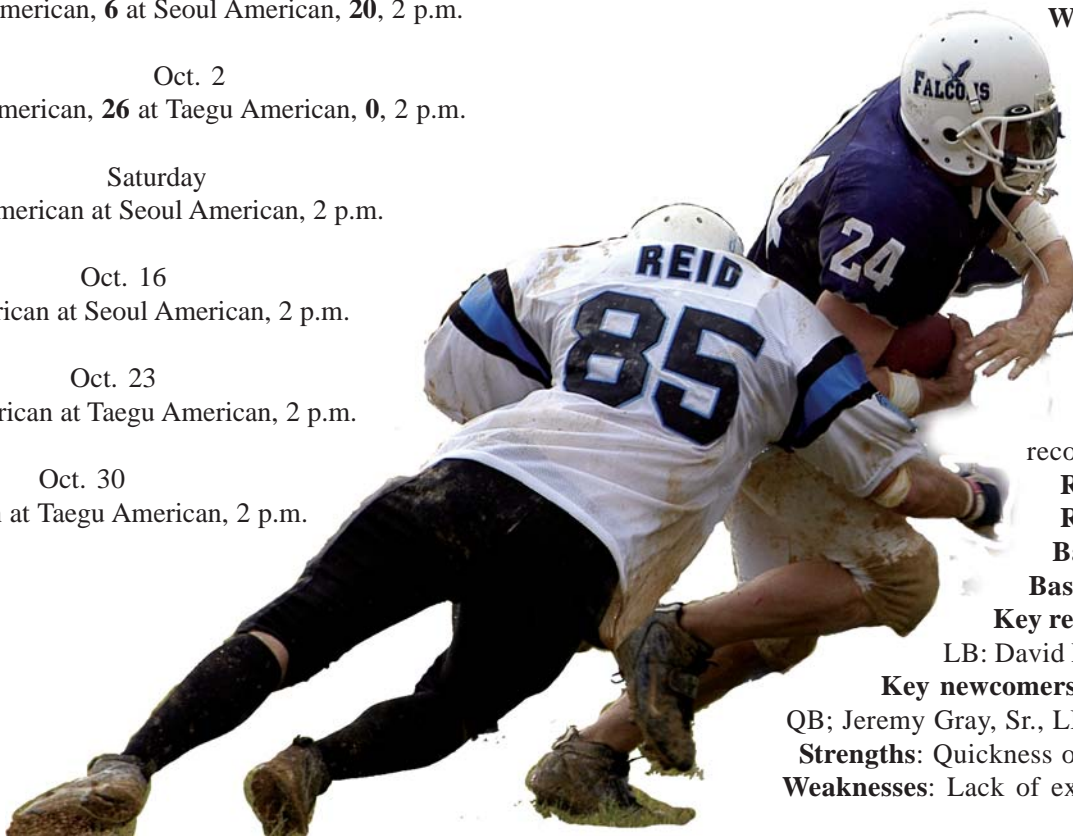
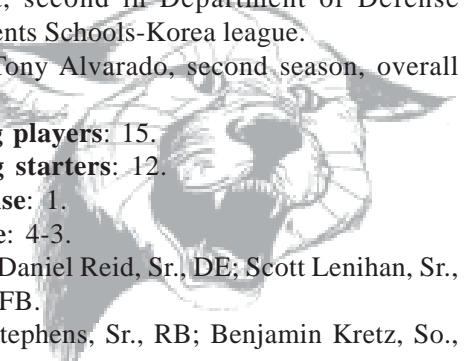
**Base defense:** 4-3.

**Key returnees:** Daniel Reid, Sr., DE; Scott Lenihan, Sr., LB; David Leh, So., FB.

**Key newcomers:** Terry Stephens, Sr., RB; Benjamin Kretz, So., QB; Jeremy Gray, Sr., LB.

**Strengths:** Quickness on both sides of ball.

**Weaknesses:** Lack of experience.



### Taegu American Warriors

Camps Henry-George-Walker

**2003 record:** 0-4, .000, 32 points for, 199 against, last in Department of Defense Dependents Schools-Korea league.

**Coach:** Sam Alsup, second season, overall record 0-5.

**Returning players:** 5.

**Returning starters:** 4.

**Base offense:** Shotgun.

**Base defense:** 5-2.

**Key returnees:** Jon Hamilton, Jr., C; Buster Epperson, Sr., LG; Chris Wolfard, So., RT; Kevin Comfort, Jr., TE.

**Key newcomers:** Kory Grammer, Jr., HB; Tony Butts, Jr., LT-NT; Daniel Pressley, Fr., FB.

**Strengths:** Quick, strong line on both sides of ball, good kicker and punter.

**Weaknesses:** Small core of returnees, lack of experience, particularly among receivers.







### Weight Loss Support Group

Yongsan Weight Support Group is now accepting new members. The group is a free weight loss support group offering exercise and workout options, healthy eating support and weight loss support. E-mail nannyhere@yahoo.com or call 011-9699-7064 for membership information.

### All You Can Eat Buffet

Camp Red Cloud Mitchell's All-U-Can-Eat-Lunch Buffet is available 11:30 a.m. - 12:30 p.m. on weekdays. For more information, call 732-8189.

Monday – Italian buffet  
Tuesday – Barbecue ribs  
Wednesday – Oriental buffet  
Thursday – Mexican buffet  
Friday – Variety buffet

### Playgroups For Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and pre-schoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

### Outdoor Cookout

Camp Casey Warrior's Club presents Special Outdoor Cookout, St. Louis Baby Back Ribs 11 a.m. - 1:30 p.m. every Wednesday. Corn on the cobs, beans, salad and drink are included. For more information, call 730-2193.

### Armed Forces Entertainment Show

MWR is hosting Armed Forces Entertainment Show: Billy Blanks. High energy work out system sports clinic will be held 10 a.m. Oct. 16 at Carey Fitness Center, Camp Casey.

### Wrestling Tournament

Eighth United States Army Wrestling Tournament will be held 1:30 p.m. Oct. 16 at Carey Fitness Center, Camp Casey. This tournament is open to active duty members in Area I. Weigh-ins and medical exams begin 10 a.m. For more information, call 732-6277.

### Ultimate Speed Pool Tournament

Ultimate Speed Pool preliminary tournament will be held 1 p.m. Oct. 23 at Primo's, Camp Casey. The winner will receive a pool cue and advance to the final which will be held 6 p.m. Oct. 30. Sign up sheet and rules of play are available at Primo's Express, Camp Casey. For more information, call 730-4334.

### Car Wash Service

Area I MWR Service Division offers 24-hour service Car Wash at Camp Mobile. The car wash at Camp Mobile is self service and accepts 500 won coins only. For more information, call 730-3928.

# Darryl Worley to entertain troops in Republic of Korea

By MWR Entertainment Section

Korea Region MWR

YONGSAN — Country music sensation Darryl Worley will perform in a series of free concerts for US service members throughout the Republic of Korea in October 2004. The concerts are scheduled for Yongsan Garrison and Camps Walker, Humphreys, Red Cloud, and Casey.

Besides being an award-winning country recording artist whose accolades include being voted the Top New Male Vocalist of 2002 by the Academy of Country Music, winner of the 2003 - Single of the Year for "Have You Forgotten" and

winner of 2003 – Song of the Year for "Have You Forgotten," Darryl Worley has been a huge supporter of US Soldiers, Sailors, ASirmen, and Marines stationed abroad. He has performed concerts throughout Iraq, Afghanistan and various other locations; this is his first trip to the Republic of Korea.

Darryl's numerous #1 hits include

the songs "Have You Forgotten," "I Miss My Friend," "Tennessee River Run," and "A Good Day to Run".



Day	Time	Camp	Location
Wednesday, 20 October	7 p.m.	Camp Walker	Kelly Fitness Center
Friday, 22 October	7 p.m.	Camp Casey	Carey Fitness Center
Saturday, 23 October	7:30 p.m.	Camp Humphreys	Outdoor Performance
Sunday, 24 October	5 p.m.	Camp Red Cloud	Community Fall Fair
Tuesday, 26 October	7 p.m.	Yongsan Garrison	Collier Field House

# Domestic Violence Prevention Month

By Yvonne Kearns

Korea Region Office Family Advocacy Program Manager

YONGSAN — During the month of October, the Army Family Advocacy Program joins the nation in recognizing Domestic Violence Prevention Month with the theme "It Takes A Community to Prevent Domestic Violence".

Domestic violence occurs when spouses or intimate partners use physical violence, threats, emotional abuse, harassment, or stalking to control the behavior of their partner. Most victims of domestic violence are women. Children who witness domestic violence are also victims; they can get hurt during violent episodes, and often suffer from emotional, behavioral and cognitive problems.

The National Coalition Against Domestic Violence provides the following signs which often occur before actual abuse.

"Yes" answers to any of these questions may indicate an abusive or potentially abusive relationship.

■ **Did he grow up in an abusive family?** People who grew up in families where they were abused as children, or saw their parents abuse one another, often learn violence as normal behavior.

■ **Does he tend to use force or violence to "solve problems"?** A young man with a criminal record for violence, who gets into fights, or who likes to act tough, is likely to act the same way with his wife and children.

■ **Does he have a quick temper? Does he over-react to little problems and frustration? Is he cruel to animals? Does he punch walls or throw things when upset?** Any of these behaviors may be a sign of a person who will work out bad feelings with violence.

■ **Does he abuse alcohol or other drugs?** There is a strong link between violence and problems with drugs and alcohol. Be alert to possible drinking/drug

problems, particularly if he refuses to admit a problem, or refuses to get help. Do not think you can change him.

■ **Does he have strong traditional ideas about what a man should be and what a woman should be? Does he think a woman should stay home, take care of her husband, and follow his wishes and orders?**

■ **Is he jealous of your other relationships - not just with other men that you may know - but also with female friends and your family? Does he keep tabs on you? Does he want to know where you are at all times? Does he want you with him all of the time?**

■ **Does he have access to guns, knives, or other lethal instruments? Does he talk of using them against people, or threaten to use them to get even?**

■ **Does he go through extreme highs and lows, almost like he is two different people? Is he extremely kind one minute and extremely cruel another time?**

■ **When he gets angry, do you fear him? Do you find that not making him angry has become a major part of your life? Do you do what he wants you to do, rather than what you want to do?**

■ **Does he treat you roughly? Does he physically force you to do what you don't want to do?**

As part of your community, here are some things you can do to prevent domestic violence:

■ Cultivate a respectful attitude toward women in your family and at your workplace. Avoid behaviors that demean or control women.

■ When angry at your partner or children, respond without hurting or humiliating them. Model a non-violent, respectful response to resolving conflicts.

■ Use music, movies, video games and television as opportunities to talk with your children about domestic violence. Express your opinion and allow your children to have theirs.

■ Encourage your daughters to be involved in sports. They will have more self-confidence, a better body image and less likely to be victims of domestic violence.

■ Learn about domestic violence services in your community through your Family Advocacy Program.

■ If you have a friend or co-worker who is afraid of her partner or who is being hurt, offer her your support and give her a good referral. Listen and let her know she's not alone.

■ Keep your eyes and ears open to the possibility of domestic violence in your environment. Call the military police immediately if you hear or see violence in progress.

■ In your involvement with religious and civic organizations, encourage projects that raise consciousness about domestic violence and support activities that prevent violence.

Throughout the year, Army Community Service Family Advocacy Programs in each Area provide a variety of services to not only prevent family violence, but offer classes and programs to enhance relationship skills and improve quality of life for all Soldiers and their families. These include command and troop briefings, parenting classes, stress and anger management classes, crisis intervention, victim advocacy, and safe shelter. Social Work Service Family Advocacy provides assessment and treatment of domestic violence and can also provide marriage and family counseling services where domestic violence has not occurred.

Watch for awareness displays and other domestic violence prevention activities in your community during the month of October. Contact your local Army Community Service Family Advocacy Program for more information on programs and how to obtain assistance with domestic violence: Area I 732-7326, Area II 738-8861 Area III 738-8448, Area IV 768-8129.



# Central Region

Oct. 8, 2004

Page 21

## Team effort yields safe results at railhead

By Sgt. Yolanda Cooley

25th Transportation Battalion

**CAMP HUMPHREYS** — Soldiers from the 25th Transportation Battalion Branch Movement Control Team, Pyongtaek, seized a unique opportunity to train with U.S. Marines and Korean Service Corps workers during exercise Ulchi Focus Lens 2004.

During major exercises, the Branch Management Control Team Pyongtaek — part of the 25th Transportation Battalion's 138th Port Movement Control Team — routinely serves as the single point of contact, liaison and coordinator for Marine transportation needs once they arrive in the area. Only occasionally does the team actually train with deploying units.

During Ulchi Focus Lens, however, 20 Soldiers and two Korean employees from 25th Trans and 15 Korean Service Corps employees from the 22nd KSC Company at Camp Humphreys trained with ten Marines from the 3rd Marine Expeditionary Force at the Pyongtaek train station railhead to upload 40 Humvees and 15 trailers onto Korean national railroad railcars.

Rail loading requires the use of

blocking, bracing and tie-down material to secure vehicles and equipment being transported by rail to deployment locations. Care must be taken to avoid injuries or damage to equipment, rail cars and rail property as tons of equipment are loaded or unloaded.

"It is more time-consuming than it appears," said Sgt. Travis Hamilton, embark chief for the 3rd Marine Expeditionary Force. "Rail training has expedited the movement of our military assets within the Korean theater. It was a very good training opportunity."

Marines were not the only ones to benefit from the training.

"This was my first time performing this kind of training," said Cpl. Bae Dong-hyuk a 138th BMCT movement specialist. Bae, a Korean Augmentation to the U.S. Army Soldier, said he was happy to have completed such a difficult task safely.

Pfc. John E. Ingram, a movement specialist for the 138th BMCT, said the training made him more confident about conducting railhead operations.

"Rail operations have a potential for causing injury, but accidents were prevented by focusing on safety and enforcing standards," said Maj. Douglas



Above: U.S. Marines train with Soldiers from the 25th Transportation Battalion's Branch Movement Control Team.

Right: A Marine secures a vehicle.

Vallejo, commander of the 138th BMCT. "The mission was a success due to the motivation of the Soldiers and the Marines.

The 837th Transportation Battalion from Busan provided material required for the rail operation. Additional support and expertise was provided by the 662nd Movement Control Team from Yongsan.



### 'Road Warrior' team provides satellite communications during Ulchi Focus Lens 2004

By Pfc. Lindsay Herald

501st Signal Company

**CAMP HUMPHREYS** — Equipped with a mobile transportable ground satellite receiving system, a five-person team from the 501st Signal Company deployed to Camp Hialeah in Busan to provide intelligence, video, and data services to the 19th Theater Support Command mobile command post during the recent Ulchi Focus Lens 2004 training exercise.

Spc. Marc L. Shade, Pfc. Tiffany N. Ewing, Pfc. Jimmie R. Reddick, Pfc. Nathan B. Dubose and Pvt. Joshua N. Day, members of the 501st Signal Company "Road Warriors" known for their ability to provide reliable tactical mobile communications support, operated the unit's first Transportable Ground Receive Suite, or TGRS, a receive-only tactical satellite system that provides Internet access, FOX and CNN television news and a variety of intelligence assets including imagery and data.

"Their willingness to be a part of our team was a great part of our mission success," said Sgt. 1st Class Sedrick D. Buxton, the command post noncommissioned officer in charge. "The technology they provided was essential to the constant update [of information] to our command post."



PHOTOS BY STEVE DAVIS

Members of the 501st Signal Company "Road Warrior" team train with the Transportable Ground Receive Suite at Camp Humphreys. From left are Pvt. Joshua N. Day, Pfc. Nathan B. Dubose, Pfc. Jimmie R. Reddick and Pfc. Tiffany N. Ewing. Spc. Marc L. Shade is also a member of the team.

In addition to supporting the 19th TSC command post, the TGRS team cross-trained with U.S. Air Force personnel.

The TGRS and its team of operators are readily available for use in tactical environments. For more information on TGRS, contact the 501st Signal Company at 753-7823.



Team members set up a satellite dish during training at Camp Humphreys.

### School seeks reading, homework volunteers

Area III Public Affairs Office

**CAMP HUMPHREYS** — Volunteers are needed for reading and homework programs at the Humphreys American Elementary School.

"We are continuing a reading program established several years ago in which Soldiers, civilians and family members read to the school kids," said Command Sgt. Maj. Robert R. Frace of the U.S. Army Area III Support Activity. "It's a great way for children to learn from people of varied backgrounds and also a great community service."

The program was discontinued during summer vacation. Frace said that it is being rejuvenated now that school is back in session.

"It's a lot of fun," said Frace. "We even got to eat green eggs and ham with the kids one year after we all read the Dr. Seusses' book, 'Green Eggs and Ham.'"

Soldiers, civilians or family members interested in participating in the reading program may enroll as a volunteer by calling Aggie Rodriguez at the Camp Humphreys Army Community Service, phone 753-8401 or Dong Hee Kelley at 753-8274. The program began Oct. 6 and will continue throughout the school year.

Volunteers are also needed to be math, science and English tutors for students working on homework assignments.



## NEWS & NOTES

### Area III Newcomers Briefing

The Area III Newcomers Briefing will be held from 8 a.m.-noon Wednesday at the Camp Humphreys Community Activities Center. All newcomers are encouraged to attend. For information, call 753-6901.

### Movie theater renovation

The Camp Humphreys post theater is closed for renovation through Oct. 16.

### Purple Ribbon Run

A Purple Ribbon Run will be held Monday at the Camp Humphreys post gym in recognition of Domestic Violence Prevention Awareness Month. The first 200 runners will get a Purple Ribbon T-shirt. Units that run with at least 10 Soldiers will receive a streamer for their guidon. Registration begins at 7 a.m. and the race starts at 8 a.m. For more information, call 753-8401.

### Troops-to-Teachers

All Area III servicemembers and civilians are invited to attend an all-day "Troops to Teachers" workshop Monday at Osan Air Base. Troops-to-Teachers representatives will facilitate a morning informational seminar. Individual counseling, including transcript review, will take place in the afternoon. For information, call 753-8904.

### College Registration

The Army Education Services term II college registration will take place from 8 a.m.-5 p.m. Oct. 12-22 at the Camp Humphreys, Camp Long and Suwon Air Base education centers. For more information, call 753-8907 or 8909.

### Jethro Bodine Fishing Derby

The Jethro Bodine C-ment Pond Fishing Derby will be held from 10 a.m.-3 p.m. Oct. 16 at the Zoeckler Swimming Pool. The pool will be stocked with fish for kids or adults to catch with poles provided by Area III MWR. Admission: adults, \$5 and children under 10, \$2. For information, call 753-8257.

### Book Fair

Humphreys American Elementary School will host a Scholastic Book Fair from 7:30 a.m.-3 p.m. Oct. 13-15, with additional hours from 4:30-7 p.m. on Thursday. The book fair will offer popular books and educational products for all ages, including new titles, award-winners, classics and interactive products from more than 150 publishers. One of the book fair's goals is to help teachers build classroom libraries. Visitors can check each teacher's "Classroom Wish List," then purchases and donate a requested book. All community members are invited.

### Cross-Cultural Marriage Seminar

A free Cross-Cultural Marriage Seminar will be held from 9 a.m.-4 p.m. Oct. 18-19 in the MWR Conference Room. The two-day workshop is designed for new brides or soon-to-be brides of all nationalities. It covers American customs, cultural differences, education, employment, legal rights and more. Call 753-8782 by Wednesday to preregister.

### Popcorn Fridays

Popcorn Fridays are back at the Humphreys American Elementary School. Parents are asked to send 25 cents if they want their student to receive a bag of freshly popped popcorn. The fun event, hosted by the school's Parent-Teacher Organization, is held in conjunction with "School Spirit Day."



PHOTOS BY SUSAN BARKLEY

Hwong-oak Fletcher tests kimchi as other festival-goers watch in anticipation. Staff Sgt. Jose Gutierrez, Spc. Alex Fernandez, Kim Hyon-ki, Spc. Paul Downing and Master Sgt. Anthony J. Hampton all made and ate kimchi Sept. 11 at the Jongga-jib Kimchi Festival near Camps Long and Eagle.

## Soldiers, civilians learn to make kimchi

By Susan Barkley

Area III Public Affairs Officer

**CAMPLONG** — About 20 Soldiers, civilians and family members in Area III have a new appreciation for kimchi after touring the Jongga-jib Kimchi Factory and making their own kimchi at the Jongga-jib Kimchi Festival held in Hoengsong County near Camps Long and Eagle September 11.

Each year, Ko Tal-song, community relations officer at U.S. Army Garrison Camps Long/Eagle, works with the Jongga-jib Kimchi Factory to arrange a day of fun and learning.

The day began at the factory with participants being treated to lunch in the employees' dining room. Following a lunch featuring kimchi, the group saw first-hand how the factory produces 80 tons of kimchi each day for consumption in Korea and export to 50 other countries.

The real fun began when the group arrived at the festival area to find condiments in stainless steel bowls and piles of cabbage ready to be transformed into kimchi. Participants donned red head scarves and aprons and plastic

gloves and then dove into kimchi making. They were assisted by volunteers and festival-goers who offered advice, encouragement and suggestions.

"It looks delicious," said one festival-goer while another advised one of the civilians to evenly spread the condiment and not leave any white parts of the cabbage showing.

"We have so many opportunities here at Camps Long and Eagle to experience Korean culture. This was one that I truly enjoyed. We made kimchi, had a chance to see how it is made and to eat some as well. I am looking forward to participating in some of the other events to share with our Korean neighbors," said Spc. Alex Fernandez, from Detachment B, 516th Personnel Services Battalion.

Spc. Paul Downing, from Headquarters and Headquarters Detachment U.S. Army Garrison Camps Long/Eagle, who considers himself a connoisseur of fine foods said, "I enjoy taking every opportunity to learn about Korea or any other country. It broadens my knowledge and gives me more to talk about with other people. I never



Hui Su Anderson learns the art of kimchi making from a volunteer at the Jongga-jib Kimchi Festival.

could have imagined that I would be making kimchi in Korea."

One of the Soldiers who helped organize the event was Staff Sgt. Jose Gutierrez, Headquarters and Headquarters Detachment, U.S. Army Garrison Camps Long/Eagle. A Texas native, Gutierrez said he is used to cooking and eating spicy foods but kimchi was a new experience for him.

Downing spoke for everyone when he said, "This is an event that I will never forget."



PHOTOS BY STEVE DAVIS

Entertainers perform a traditional Korean dance at the Chuseok celebration.



Spc. Dana Lane tries on a Korean hanbok.



Sgt. Howard Hill learns to make rice cakes.



Young people and Soldiers make masks.

## Gyeonggi Province hosts community Chuseok party

Area III Public Affairs Office

**CAMP HUMPHREYS** — Several hundred Soldiers, civilians and family members attended a Chuseok celebration hosted by the Gyeonggi Province government Sept. 22 at the Community Activities Center. The celebration included traditional Korean dances and music, games and such demonstrations as mask painting and making rice cakes.

The all-day celebration also included a free lunch buffet offering a taste of food specially prepared for Chuseok, Korea's fall harvest festival.



Around Camp Humphreys



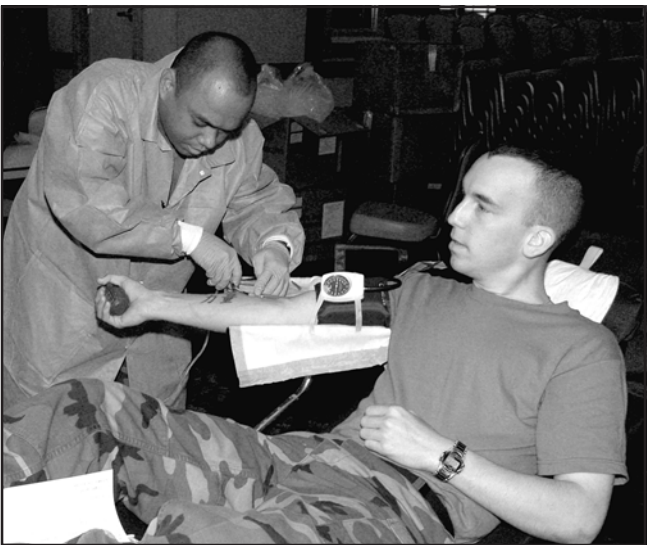
Contestants in the “Wrap the Mummy” contest at the Camp Humphreys Oktoberfest celebration Oct. 2 become enshrouded with bands of toilet paper.

Assistant Chief for Operations (A-Shift) Han Yong-u, right, briefs fire officials from Pyeongtaek and Asan cities Monday during Fire Prevention Week kick-off ceremonies at the Camp Humphreys Fire Station. “It’s Fire Prevention Week: Test Your Smoke Alarms” is this year’s theme.



Swimmers leap into the water during a youth swim meet Sept. 25 at the indoor pool.

PHOTOS BY STEVE DAVIS



Spc. Matt Stillwell squeezes a sponge grenade while donating blood Sept. 23 at the Camp Humphreys Community Activities Center. The toy grenade was given to him by medic Noel Cruz, from the Armed Services Blood Bank based at Camp Lester, Okinawa, Japan. Stillwell, one of many Soldiers who donated blood at Camp Humphreys and Osan Air Base, is assigned to Headquarters and Headquarters Company, 2nd Battalion, 52nd Aviation Regiment.



## Camp Hialeah fetes KNP's with picnic lunch

By Galen Putnam

Area IV Public Affairs Office

**CAMP HIALEAH** – It can be a thankless job at times, standing guard outside American military installations 24 hours a day, seven days a week in blowing snow or broiling summer sun. To ensure the Korean National Police who help keep our installations safe are adequately recognized, Camp Hialeah hosted a picnic lunch featuring hamburgers, hot dogs, baked beans, potato salad and other items Sept. 23 for more than 150 Korean National Police.

The purpose of the event was to recognize the riot police who help protect Camp Hialeah and to thank them for their efforts.

“We wanted to show our appreciation for all of the KNP support we receive,” said Lt. Col. Steven Crowe, 728th Military Police Battalion commander and Area IV provost marshal. “We try to do this once or twice a year. I wish we could do it more often.”

“Every MP operation off post such as courtesy patrols involve the KNP. They contribute a lot,” said Capt. Nick Bugajski, 552nd Military Police Company commander and Area IV deputy provost marshal at Camp Hialeah. “It is great to have them on post to thank them. It lets them know that we appreciate what they do. Not everyone gives them that due appreciation.”

According to guests, the message came through loud and clear.

“This event will be a good memory. We will not forget this,” said Senior Inspector Park Sung-ho, company commander of the 159th Riot Police Company. “We don’t often get to do this kind of thing so this has been a very good experience.”



PHOTO BY GALEN PUTNAM

*A Korean National Policeman enjoys a hot dog at the picnic lunch served to recognize the efforts of the Korean National Police and thank them for their many contributions at Camp Hialeah Sept. 23.*

Others enjoyed the event as well.

“This was a very good opportunity to speak English and meet U.S. Army soldiers,” said Pvt. Min won-sik, 159th Riot Police Company, who has been a KNP for three months.

Officials stressed the important, but sometimes taken for granted roles the KNP play.

“These guys are out here 24/7 protecting our

installation. It is not a glamorous life at all,” said Lt. Col. Jeffery K. Ludwig, Camp Hialeah garrison commander. “They are extremely valuable to our safety and security and having them here allows me to use our resources to accomplish other missions. The MPs on post don’t have to look over the wall and worry about what is going on outside the gates. We truly owe them a debt of gratitude.”

## Charge!



PHOTO BY GALEN PUTNAM

*Matthew Soucy (#13) leads the charge as his fellow Strikers and opposing Bullets players scramble for a loose ball during a 5-7 year old Daegu Youth Soccer Program game Saturday at Camp George. The game ended in a 0-0 tie.*



## NEWS & NOTES

### Office Closure

The U.S. Army Contracting Command Korea – Taegu Branch has moved to a temporary location while undergoing renovations. The temporary office is a container building (with no assigned building number) behind the Camp Henry Lodge, Building S-1712. For more information, call Maj. Melody Charles at 768-7430.

### Bus Route Change

The shuttle bus between Camps Walker and Carroll now has an additional stop at Camp Henry on Friday through Sunday and holidays for the midnight bus through the last bus at 3 a.m. Area IV taxis will also be available 2:30 – 3 a.m. Friday through Sunday and holidays in front of the Camp Walker Hilltop Club. For more information, call James Adamski at 768-8969.

### Free Vehicle Safety Inspections

The Camp Carroll transportation Motor Pool maintenance shop is conducting free privately owned vehicle safety inspections every Tuesday. Inspections are conducted by appointment only and are required for vehicle registration. To make an appointment, call 765-7829. For more information, call Sgt. 1st Class Dennis Gayles at 765-7804.

### Area IV Hispanic Heritage Month Celebration

The Area IV Hispanic Heritage Month Celebration will be 11:30 a.m. – 1 p.m. Wednesday at the Camp Walker Evergreen Community Club. The guest speaker will be Lt. Col. Carlos Ortiz, 248th Quartermaster Detachment. For more information, call Sgt. 1st Class Stephanie Buxton at 768-8542 or Sgt. 1st Class Monte Tarrt at 768-6764.

### Spirit and Body Tour

Billy Blanks, the creator of Tae Bo, will conduct a class at Kelly Fitness Center on Camp Walker 6 p.m. Thursday. To participate, sign up no later than Wednesday at the Gym. An autograph session follows the class. For more information, call Luis Rios at 768-7418.

### TSA Fall Bazaar

The Taegu Spouses Association Fall Bazaar will be held 10 a.m. – 7 p.m. Oct. 16 and 10 a.m. – 4 p.m. Oct. 17 at Kelly Gym on Camp Walker. More than 25 vendors will be there including furniture, jewelry, quilts and more. Admission is \$1. For more information, call Lori Powell at 476-8938.

### Pet Show

The Camp Walker Post Exchange is hosting a pet show 11 a.m. – 3 p.m. Oct. 16 at the Post Exchange parking lot. There will be a military working dog demonstration, giveaways and an AFN remote radio broadcast. For more information, call Yi Su-yong at 764-4638.

### Soccer Club Forming

The Daegu Area Soccer Club is now forming and will hold organizational meetings 1:30 p.m. Oct. 17 and 1 p.m. Nov. 6 at Camp Walker's Kelly Field. Players should plan to kick around (rain or shine). The club is open to all ID card holders. The club will field casual and competitive teams and sponsor social events such as watch parties, trips to professional games, etc. Club will meet for weekly kick-arounds. For more information, call Galen Putnam at: 011-1716-1428.

# Visit blossoms into exchange program

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP CARROLL** – In the old days, people actually had to travel to other countries to see more of the world and broaden their horizons. With the advent of the Internet and the “global community,” however, the world has become a smaller place.

As part of that trend, College students from the Waegwan area had an opportunity to experience and see a little piece of American culture without traveling abroad, thanks to the hospitality of Soldiers from Camp Carroll.

More than 45 students from Kyongbuk College of Science Department of International Tourism, led by department chair and Professor Seong Myung-soon visited Camp Carroll Sept. 22 for the College Students Staff Ride. The staff ride, or installation tour, gave the students an opportunity to learn about Camp Carroll, tour the installation and talk with U.S. and KATUSA Soldiers.

“Be good neighbors. That’s what we are here to do,” said Master Sgt. Mary Smith, Camp Carroll installation non-commissioned officer in charge. “We are representing the U.S. Army. We are the ambassadors of U.S. Army. This program is to strengthen the relationship between U.S. and Korean community.”

“Today’s event was planned as a part of the Good Neighbor Program,” Seong said, who is also a member of Camp Carroll Commanders’ Advisory Council. The council consists of 25 Korean and U.S. Army leaders who advise the Area IV commander on matters that influence the Republic of Korea-United States alliance.

“We got the idea from Daegu area where they have been doing this for a while. I was glad to bring my students along because it is a good opportunity for them to actually see what (the U.S. Soldiers) do in Korea, and maybe it can help to clear up some wrong impressions the students have about the Soldiers and the U.S. Army.”

The event, which began with a welcome message from Smith, was conducted in two parts. In the morning, the students got a tour of the installation,



PHOTO BY CPL. OH DONG-KEUN

(From left) Pvt. Joshua Hamm and Pfc. Ashley Wilson, both from Company C, 307th Signal Battalion, get an impromptu lesson on Hangul from Kyongbuk College of Science students.

visiting places such as Camp Carroll Army Preposition Stock, where the Army’s tactical vehicles are stored, the new installation fitness center and Soldiers’ barracks. Following lunch at the post dining facility, the students were divided into groups for activities with U.S. Soldiers. A Korean Augmentation to the United States Army Soldier was with each group to assist with communications.

For the afternoon activities, Soldiers took the students to various places on the installation. Some groups went to see the commissary and other facilities; others went to the library, the Community Activity Center or the new gymnasium and played basketball. One group had a question-and-answer session about each other. The students asked the Soldiers a wide range of questions such as: “where are you from?” and “why did you join the Army?” The Soldiers were mainly interested in things to do and places to visit in Korea.

According to Seong, this kind of interactive event between Soldiers and young Korean students is not only beneficial to the students, but also the Soldiers.

“A few years ago, I conducted a class on Korean culture and custom for the Soldiers here in Camp Carroll, and I realized that most Soldiers come to Korea without any background information, without knowing what to expect,” Seong said. “So I hope the Soldiers also learned some things about Korea from the students today.”

Students and Soldiers said they enjoyed the occasion.

“I volunteered to come today because I wanted learn more about America and the people,” said Kang Ho, a first-year student. “I had a great time hanging out and sharing ideas with the American Soldiers. I really enjoyed the food, too. I would like to come again in the future and I would also like to invite the Soldiers to the school and show them how we live.”

“It was fun,” said Spc. David L. Pelton, 16th Medical Logistics Battalion. “I think it was a good experience for everyone who was involved. It was a good time to get to know each other and have some fun together. I realized that we are different, but we are not different.”

Seong said that she, along with the members of Camp Carroll Commanders’ Advisory Council and the installation command is planning on expanding the program into an exchange program between various levels of Korean schools and the installation.

“In the near future, the (Kyongbuk College of Science) will invite a group of Soldiers to come to the school for a program like we had today,” Seong said. “We are also working with the community and local schools to have their students come on post for a day and host the Soldiers for a day. I think it will be a great program for the entire Waegwan community.”

## Camp Hialeah hosts 8th Army Tennis Tournament

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP HIALEAH** – The 2004 8th U.S. Army Tennis Championships drew 18 competitors in three divisions Sept. 15 – 18 at Camp Hialeah.

Paul Kovarick, Combat Support Coordination Team 2, from Area IV, won the Men’s senior category, defeating Seo Young-taek, Headquarters and Headquarters Company, 2nd Infantry Division, Camp

Red Cloud in the final match.

In men’s junior category, Huntley Williams, 50th Engineer Company, 2nd Infantry Division from Camp Castle, defeated Shawn Harris, 305th Quartermaster Company from Area II to take first place. In the men’s open division, which had the most competitors at eight, Chung Jae-il, 175th Finance Command, Yongsan Garrison, was the winner upon defeating Steve Kwon, Headquarters and Headquarters Operations Company, 527th Military

Intelligence Battalion, Camp Humphrys.

The women’s division, was cancelled due to the lack of participants. Lanuola Sua, Detachment C, 176th Finance Battalion on Camp Henry, was the only player registered to compete in the category.

“It was great to see the best tennis players come to Busan and battle for the championship,” said Kim Man-il, Camp Hialeah sports director. “I am grateful for everyone who participated and played their best.”

# Area IV Support Activity thanks Korean neighbors

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP HENRY** – The Area IV Support Activity and the Walker Army Helipoint (H-805) celebrated Chuseok early by visiting local residents and handing out gifts to home owners around the helipoint Sept. 24.

Capt. Matthew J. Bowman, commander, of the Walker Army Helipoint (H-805) and Headquarters and Headquarters Company, Area IV Support Activity, distributed Chuseok gifts on behalf of Col. Donald J. Hendrix, commander, Area IV Support Activity.

“We came out today to celebrate the holiday with the local residents and to show our appreciation to them for their cooperation with our operations in their community,” Bowman said. “They seemed to enjoy seeing us out here with the gifts. I had some nice exchanges with the people and received mostly positive reactions from them.”

Bridging the language gap between Bowman and the residents were the two Korean Augmentation to the United States Soldiers Cpl. Kim Do-hun and Pfc. Park Chul-han, Headquarters and Headquarters Company, Area IV Support Activity and Chong Yong-kon, Area IV community relations officer, who taught Bowman how to say “have a nice Chuseok holiday” in Korean.

Despite his difficulty with Korean pronunciation, Bowman didn’t hesitate to use the phrase with everyone he came in contact with, bringing smiles to their faces and making the interaction go more smoothly.

Residents appreciated Bowman and his unit’s effort.

“I, along with all the residents in the area, truly appreciate the unit’s effort to visit us every Lunar New



PHOTO BY CPL. OH DONG-KEUN

Capt. Matthew J. Bowman, commander, the Walker Army Helipoint (H-805) and Headquarters and Headquarters Company, Area IV Support Activity explains the contents of a Chuseok gift set to local residents near the helipoint Sept. 24. The Area IV Support Activity has been giving out gift sets to local residents for major Korean holidays for seven years.

Year’s Day and Chuseok for the past several years,” said Cha Tae-bong, leader of the residents in the neighborhood around the helipoint. “I believe that the effort helped in building good relationships between the unit and the residents.”

“These visits did a lot for the relationship between the unit and the local people,” Chong said. “We just wanted to celebrate the holiday and express our gratitude to the people for putting up with any

inconveniences caused by the unit’s operations.”

The Area IV Support Activity has been giving out gift sets to local residents for major Korean holidays for seven years and is planning to continue the tradition.

“I believe it is a great way of showing the people that we care,” Chong said. “It is also another great Good Neighbors Program that the unit is doing. The tradition will continue as long as there are people living in that neighborhood.”



# Perfect game highlights Area IV Bowling Championships

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP WALKER** – A perfect game highlighted the Area IV Bowling Championships held Sept. 21 – 23 at the Camp Walker Bowling Center.

Pete Shirley, Material Support Center – Korea, Camp Carroll, rolled a perfect game of 300 during the first day of a three-day tournament. He went on to take first place with an average score of 228.

The 10 participants bowled a total of 21 games,

seven games each day of the three-day tournament. Top finishers were determined by their overall average throughout the tournament. The top seven bowlers, including Shirley, qualified for the 8th Army Bowling Championships held Wednesday through today at Yongsan Garrison.

Taking second place was Rob Johnson, Headquarters and Headquarters Company, 1st Signal Battalion, Camp Walker, who averaged 220. Ken Yonkers, Headquarters and Headquarters Company, 19th Theater Support Command, Camp Henry,

averaged 198 to take the third place.

Also qualifying for the 8th Army Bowling Championships were Bert Richmond, Detachment C, 516th Personnel Service Battalion, Camp Henry; Jay Tabor, Headquarters and Headquarters Detachment, 728th Military Police Battalion, Camp Henry; and Michael Selleh, 188th Military Police Company, Camp Walker.

On the women’s side, as the only participant Kirstin Leavell, Headquarters and Headquarters Detachment, 728th Military Police Battalion, Camp Henry, automatically advanced to the 8th Army tournament.

## Recruiting Command hits active Army, Reserve recruiting goals

By Joe Burlas

Army News Service

WASHINGTON – For the fifth year in a row, the U.S. Army Recruiting Command hit its fiscal year active-duty and Reserve recruiting goals.

As of Sept. 27, the command brought in 77,587 active Army recruits against a Department of the Army mission of 77,000, and 21,278 Reserve recruits against a 21,000 requirement.

“Recruiting Command has served the nation well for the past 40 years and I am positive it will continue to serve well for the next 40 years at least,” said Maj. Gen. Michael E. Rochelle, Recruiting Command commanding general, during a media briefing at the command’s Fort

Knox, Ky. Headquarters.

Rochelle acknowledged that current operations in Iraq and Afghanistan may be seen as a drawback by some young people who would otherwise serve. However, he said, those operations are seen by others as a call to serve a nation in need.

“There are hundreds in the training base that will tell you they want to make a difference,” Rochelle said.

Speaking about a recent news article that claimed the Army had relaxed its entry standards in order to get recruits, Rochelle said the article was very misleading. The Army standard for the past five years has been for at least 90 percent of all recruits to be high school graduates. The lowest acceptable score of the Armed Services Vocational

Aptitude Battery, known as Category IV, to no more than two percent of all recruits, he said. Recruiting Command met those standards each of the past five years.

The confusion comes in with an intermediate headquarters requiring tougher recruiting standards than the requirements issued by Department of the Army, Rochelle said.

On the active Army side, 92.4 percent of FY 2004 recruits had high school diplomas and only .6 percent fell into Category IV. On the

Reserve side, 92.4 percent of recruits had high school diplomas and .78 fell into Category IV.

Recruiting Command’s mission for FY 2005 is 80,000 active Army and 21,175 Reserve recruits.

Recruiters are facing the new mission with less recruits in the Delayed Entry Program than in recent years, Rochelle said. The program allows recruits to enlist and then finish school or do other things for several months up to a year before shipping to basic training. The command likes to have about 35 percent of the next year’s mission already signed up for delayed entry, Rochelle said.

As of Oct. 1, the DEP pool only had about 18 percent of the new 80,000 active Army recruiting goal. Rochelle explained that a change in the FY 2004 mission, from a 72,500 requirement a year ago to 77,000 in March, forced the command to ship more recruits to training earlier than might have otherwise been the case.



## 생활 속의 감기퇴치법

이병 서기철

천고마비의 계절도 잠시, 이맘때만 되면 낮과 밤의 기온차가 커지면서 감기로 고통을 호소하는 이들이 서서히 늘어나곤 한다. 비록 근거없는 사실이지만 '소주에 고춧가루를 풀어먹으면 감기가 멀어진다'라는 말처럼 우리 선조들은 시대를 초월한 질병인 감기를 낮게 하기 위해 수많은 민간요법을 써왔다. 이번에는 그동안 우리가 감기가 걸렸을 때 약물에만 의존해왔던 것보다 우리의 생활속에서 쉽게 찾아볼 수 있는 감기퇴치법에 대하여 알아보도록 하자.

### 감기에 좋은 약차

먼저 잘 알려진 갈근이 있다. 흔히 칩뿌리로 불리는 갈근은 발한, 해열 및 숙취해독에 효과가 있다. 약재상에서 말려서 썰어 놓은 갈근을 사다가 6~12g정도 물 300ml를 붓고 반으로 쪼개 때까지 끓여서 마시면 된다. 계피를 10~20g 정도 물 300ml과 함께 붓고 달여 마시면 발한, 해열, 체온 조절 등의 좋은 효과를 볼 수 있다. 기침, 기관지, 천식 등이 심할 때는 관동화를 6~12g을 물 300ml에 끓여 차처럼 마시면 좋다.

도라지의 일종인 길경은 가슴과 목의 통증을 완화시켜 줘 목기침, 가래, 기관지 천식에 탁월한 효능이 있다. 말린 약재 4g정도를 물로 달이거나 가루로 빻아 복용하면 된다.

자소엽은 말린 잎 12~20g을 물 300ml로 끓여 마시면 감기 예방 및 진해, 거담, 해독 효과가 있다.

황기는 식은땀이 날 때와 원기 회복에 탁월한 효과가 있는데 하루에 12g정도를 물 300ml로 달여서 마시면 된다.

### 목욕을 통한 감기퇴치법

흔히 우리가 구할 수 있는 재료를 이용한 목욕요법으로는 파와 생강을 들 수 있다. 파와 생강은 몸을 따뜻하게 하고 땀을 내게 하는 작용 및 강화 작용이 있다. 때문에 감기 초기 증상이 나타날 때 파와 생강으로 목욕을 하면 몸이 개운해져 초기감기를 극복할 수 있다. 파의 밑 부분 60g과 생강 10g을 함께 넣고 찜어 물에 넣거나 혹은 파와 생강을 잘게 썰어 주머니에 넣고 욕조에 띄운 후 목욕한다. 파와 생강을 갈아서 찐 즙을 물에 넣어 목욕하면 그 효과가 더 커진다.

다음으로 해열작용이 있는 굴껍질을 이용한 목욕요법이 있다. 특히 굴껍질은 비타민 C 뿐 아니라 해열작용이 있어 감기에 좋은 효과가 있다. 굴껍질과 생강을 1:1로 하여 끓인 것을 욕조에 타거나 건조시킨 것을 주머니에 담아 39~40℃ 정도의 욕조에 담그고 목욕한다. 껍질을 말릴 때는 반드시 깨끗이 씻어 남아있는 농약을 없애도록 해야한다.

청주목욕은 사람들에게 보편적으로 알려져 있는 것으로 청주 속에 들어 있는 「오리제브렌」 성분은 피부에 수분을 공급하고 혈액순환을 원활히 돕는 뛰어난 피로회복

제 역할을 한다. 때문에 청주로 목욕을 하면 하루 동안에 쌓인 피로를 말끔히 씻어낼 수 있다. 또 감기를 이기는 효과적인 방법으로도 통하는데, 이는 청주에 들어 있는 알코올이 피부로 흡수돼 몸을 따뜻하게 하고 신진대사를 촉진시키기 때문이다. 욕조에 40℃ 정도의 따뜻한 물을 반쯤 채워 청주 1ℓ를 붓고 잘 저은 후 입욕한다. 청주를 따뜻한 물과 섞어 몸에 뿌려도 좋다.

### 음식을 이용한 감기 퇴치법

먼저 생강탕은 기침과 가래를 멈추게 하는데 효과적이다. 특히 감기의 두통·기침·코막힘·한기 등에는 더없이 좋은 효과가 나타난다. 먼저 곱게 간 생강즙에 꿀을 넣어 따뜻하게 데워 마신다.

다음으로 '진피'는 잘 익은 감귤의 껍질을 벗겨 말린 것을 말하는데 이는 한방에서도 자주 쓴 약재다. 진피탕은 기침과 가래 증상이 나타날 때 먹으면 효과를 제대로 볼 수 있다. 말린 귤 껍질 5g, 생강 3g, 감초 2g을 물 1컵으로 달여 물이 반으로 줄면 짜서 마신다. 귤 하나를 통째로 껍질 제거 후 뜨거운 물에 담가 마셔도 된다.

우리가 사탕으로 잘 알고 있는 박하로 만든 박하탕은 발한을 촉진해 열을 내려 주는 효과를 지니고 있다. 박하의 주성분은 산뜻한 향을 내는 「멘톨」로 한방·양방에서 모두 사용한다. 박하탕은 땀을 내고 열을 내리는 작용 외에도 두통을 다스리고 위를 튼튼하게 해 주는 약효가 있다. 잎·줄기 모두 말려서 약용으로 사용하지만 감기로 인한 열이나 두통에는 잎만을 사용한다. 잘 말린 잎을 잘게 썰어 1작은 술 정도 넣고 끓인 물을 부어 잠시 두었다가 녹차처럼 마신다.

우리가 겨울철에 즐겨먹는 유자차는 비타민C 함유량이 많아 피부에 좋으며 감기의 특효약이다. 빗갈이 곱고 겉모양이 깨끗한 유자를 골라 잘 씻은 후 5mm두께로 썰어 설탕을 넣어 재워 놓았다가 물을 넣고 끓여 마시면 된다.

음식의 재료로 널리 이용되는 부추를 이용한 부추죽은 병에 걸린 환자의 영양을 보충해주는 영양공급 효과가 있다. 부추의 강한 향을 내는 것은 「알릴」이라는 성분인데, 이는 자율신경을 자극해 냉해진 위장의 상태를 조절해 준다. 또 비타민 A·B·C, 칼슘, 칼륨, 철분 등이 풍부해 병을 앓고 있는 환자에게 충분한 영양공급이 가능하다.

마지막으로 파죽이 있다. 파죽은 몸을 따뜻하게 해주는 역할을 한다. 파의 흰 부분이 땀을 내게 하여 열을 내리게 하고 몸을 따뜻하게 하는 효과가 있기 때문이다. 하지만 열이 높은 경우나 이미 땀을 많이 흘린 경우에는 사용하지 않는다. 파의 흰 부분을 잘게 썰어 된장에 버무린 다음 끓는 물을 부어 죽이나 수프로 끓여서 먹는다.

This article is about  
"Folk Remedies."

## Learn Korean Easily



Language Instructor  
Minsook Kwon



"Guen-moo-jee-gah  
uh-dee-sheem-nee-ggah?"  
"What area are you working?"

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ		ㅊ	ㅌ
ggu		ddu			bbu			ssu		jjju	
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
ae		yeh		weh	wah	weo	wee		ui		

### Word of the week

# 근무

ㄱ ; g, ㅛ ; ue, ㅌ ; n /  
ㅁ ; m, ㅌ ; oo

'guen-moo'

work

### The phrase of the week

"I am working in Yongsan."

# 용산에서 근무합니다.

Yong-sahn-ae-suh guen-moo-hahm-nee-dah.

Yongsan - in

I am working

### Conversation of the week

오래간만입니다.

Oh-rae-gahn-mahn  
-eem-nee-dah.

It has been a long time to see you.

정말 오래간만입니다.

Juhng-mahl oh-rae-gahn-  
mahn-eem-nee-dah.

Yes, it has been a really long time.

그동안 어디 계셨어요?

Gue-dohng-ahn uh-dee  
gyae-shuh-suh-yo?

Where have you been?

(용산)에 있었어요.

(Yong-sahn)-ae  
ee-suh-suh-yo.

I have been in (Yongsan).

이제는 자주 만납시다.

Ee-jae-nuen jah-joo  
mahn-nahb-see-dah.

Well, let's meet together.

좋습니다.

Joh-suem-nee-dah.

That would be fine.

(성남) (suhng-nahm) (Sungnam)

(대구) (dae-goo) (Taegu)

Share this column with a Korean co-worker.